



GUARDIAN WEEKEND
M's set to honor local service members, 3c

ALSO INSIDE
1st SFG shoots down the competition, 3A

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Authorized newspaper of Joint Base Lewis-McChord, WashingtonApril 6, 2018

7TH INFANTRY DIVISION

Soldier receives Green to Gold Scholarship

Black Hawk mechanic one of four troops with chance for commission

BY SGT. MARICRIS MCLANE
16th Combat Aviation Brigade
In 2010, the most destructive earthquake in Haiti's history struck the Caribbean Island, killing more than 100,000 people and leaving approximately 1.5 million people homeless. Sixteen miles from the 7.0 magnitude earthquake's epicenter, Spc. Carl Denis and his

family, natives of Port-au-Prince, Haiti, were among the people suffering in the aftermath. More than eight years later, he was one of four Soldiers in the 7th Infantry Division to receive this year's Green to Gold Scholarship to be a commissioned officer in the U.S. Army upon college graduation.

"It was my own determination that helped me out and my initiative as well," said the UH-60 Black Hawk helicopter repairer from the 2nd Assault Helicopter Battalion, 158th Aviation Regiment, 16th CAB. "When I finally got the letter, it was pretty much like an impossible feat that came into reality." This achievement continues his path forward. Denis will enroll at Arizona State University this fall to major in in-



Spc. Carl Denis, of 2nd Assault Helicopter Battalion, 158th Aviation Regiment, 16th Combat Aviation Brigade, works on one of the unit's helicopters. .

SEE SOLDIER, 10A

JBLM EASTER DASH

HUNTING FOR EASTER EGGS



SCOTT HANSEN Northwest Guardian

Sisters Cathryn, 5, left, and Alonna Brown, 7, of Lacey, scavenge for Easter eggs during the annual JBLM Easter Dash on Lewis Main Saturday.

About 3,000 children hunt for colorful eggs

BY RUTH KINGSLAND
Northwest Guardian
As Easter favorites, such as "Here Comes Peter Cottontail" and "Happy Easter" played over the loud speaker, thousands of children took to the field at Cowan Stadium on Lewis Main Saturday for Family and Morale, Welfare and Recreation's annual Easter Dash. "One, two, three, Happy Easter! Go!" said Jen Helm, Family and MWR recreation delivery systems manager, as hoards

SEE EASTER, 10A



The Easter Bunny entertains participants during the annual JBLM Easter Dash on Lewis Main Saturday. An estimated 3,000 children took part.

SEE SERVICE, 10A

JBLM DIRECTORATE OF PUBLIC WORKS

Section of Pendleton Avenue closed through July

BY DEAN SIEMON
Northwest Guardian
When Pendleton Avenue on Joint Base Lewis-McChord reopened in November 2013, the community saw a two-lane road become a four-lane, divided roadway with natural storm-water storage, new lights and other upgraded features. Now, JBLM's Directorate of Public Works is bringing some of those "town center" characteristics to another portion of

Pendleton between Ninth Division Road and North Division Street. "It's wound up being a phased approach," said Matt Weeks, DPW project manager. "Our intention is to transition from that boulevard concept to what you see on Pendleton." Although Weeks said this portion of Pendleton will not completely mirror the main

SEE CLOSED, 10A



SCOTT HANSEN Northwest Guardian

Pendleton Avenue is closed at North Division Street for construction Monday. New streetlights and pedestrian crossings will be added.

RED CROSS VOLUNTEERS

Madigan honors volunteer service

108 recognized at annual event

BY KIRSTIN GRACE-SIMONS
Madigan Public Affairs
Across the nation, 15,000 American Red Cross volunteers annually give 1.4 million hours for a value of \$34 million, serving the military. At Joint Base Lewis-McChord alone, 108 adult Red Cross volunteers gave 7,242 hours in 2017.

"The reality is I couldn't pay someone to do what you do because of the way you do it," said Col. Michael Place, Madigan Army Medical Center commander, at the annual volunteer appreciation lunch at the American Lake Conference Center on Lewis North March 28. Madigan runs on red and blue. The medical center, in all its departments and services, is full of volunteers sporting their red and blue vests and supporting every effort and initiative undertaken here.

The annual luncheon honored a good representation of Madigan volunteers. Place shared the impact Madigan's volunteers have on him personally. "I get reports that say we had X-number of volunteers who gave X-number of hours each year," he said. "It chokes me up every single time." Each year, an exceptional volunteer service award is presented to a volunteer to recognize each of the seven fundamental principles of the Amer-

IN THE NEWS



Directorate of Public Works

Workers help with the Lewis North Community Garden annual clean up March 20.

GROW YOUR OWN

McChord Field and Lewis North community gardens are open to anyone with base access. Both are located near horse stables; rakes, compost and water hoses are provided. See story, 8A

SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION



Maj. Gen. Jeffrey Milhorn, right, addresses members of the Sexual Harassment/Assault Response and Prevention and Sexual Assault Response Coordinator teams at Nelson Recreation Center March 29.

I Corps kicks off SAAPM

BY SGT. URIAH WALKER
5th Mobile Public Affairs Detachment

During the month of April, Soldiers at Joint Base Lewis McChord recognized sexual assault awareness and prevention through a series of proclamations and observances. I Corps kicked off the month early, March 29, at the Nelson Recreation Center.

Major General Jeffrey Milhorn, I Corps deputy commanding general, recognized several key members of the Sexual Harassment/Assault Response and Prevention and Sexual Assault Response Coordinator teams from across the installation.

“The month is significant not only for Joint Base Lewis-McChord but nationwide,” Milhorn said. “We are absolutely going to do our part not only for the month of April, but 365 days a year. We will continue to focus in on the theme ‘SHARP, shaping a culture of trust’ which for us is the foundation of everything that we do.”

Sergeant First Class Maria Rivera, I Corps lead Sexual Assault Response Coordinator, is the direct representative for Lt.



A unit Sexual Assault Response Coordinator attends the kick off event for Sexual Assault Awareness and Prevention Month March 29.

Gen. Gary Volesky, I Corps commanding general, and is responsible for ensuring the SHARP and support programs are followed across I Corps.

“I want all of the brigade SARCs, all of the victim advocates to include the (Department of Defense) civilians who are victim advocates to communicate with me to make the program better than any program in the Army,” Rivera said.

While most Soldiers may be familiar with SHARP, SARC or victim advocate, one program that may not be on the radar is RAD — Rape Aggression Defense. The training, offered for free to military members, their

families and DOD civilians, focuses on identifying threats and defense against an attacker.

“What we’re doing here with the RAD program is we’re empowering women and men,” said Scott Acosta, a volunteer instructor with RAD. “We’re empowering them to take a step back and realize that they can defend themselves if they have to.”

For more information, contact battalion SHARP/SARC representatives or visit the SHARP Resource Center, Bldg, 2027C Pendleton Ave. A representative may also be reached 24 hours a day, seven days a week by calling 253-389-8469.

BOYS AND GIRLS CLUBS OF AMERICA

Teen named Military Youth of the Year

BY RUTH KINGSLAND
Northwest Guardian

Katherine “Katie” Wilton, of DuPont, has been named the Boys and Girls Clubs of America’s state of Washington 2018 Military Youth of the Year.

The \$5,000 award will be used toward college, Wilton said; she’s considering following in her parents footsteps as a medical professional.

Wilton was named Washington State Military Youth of the Year at banquet in Tumwater in March. This isn’t the first time a Joint Base Lewis-McChord youth has been named the state’s military youth ambassador.

In 2017, Nyah Hall, a 15-year-old student at Clover Park High School, was the state’s winner. In 2015, Daniela Suarez, then a student at North Thurston High School in Lacey, was named state and regional youth of the year. Both Hall and Suarez were children of JBLM service members.

Wilton is a member of Hillside Youth Center’s affiliated Boys and Girls Club. She goes on to the regional competition in San Diego in July. The winner of that competition will proceed to the national competition in Washington, D.C., in the fall.

Wilton is the daughter of Lt. Col. (Dr.) Nouansy Wilton, an internal medicine doctor at Madigan Army Medical Center, and Dr. Jonathan Wilton, a family medical doctor in Olympia.

She is a junior at Harrison Preparatory Academy in Lakewood. Her 13-year-old sister, Sarah, is a freshman at the same school.

“Katie is a phenomenal and strong young woman,” said Katya Miltimore, executive director of the Boys and Girls Club of Washington.

Miltimore said she learned a lot about Wilton by reading the four essays the youth wrote as part of the competition. Milti-



Katherine Wilton, 16, 2018 Washington Military Youth of the Year, holds the check she received from the Boys and Girls Club of America. She moves on to regional competition in San Diego in July.

more, who also grew up as a military child, said she understands the journey Wilton described in her essays: moving several times during childhood and integrating into new schools, cultures and traditions.

Wilton’s experiences were complicated, however; her mom was diagnosed with cancer two years ago and is currently on her way to becoming cancer-free. Wilton said she looks up to and identifies with her mother in many ways.

“My mom is tough and very ambitious, like me,” she said. “She was born in Laos and moved to Queens, New York, when she was 3. She went on to study and become a doctor all on her own.”

Wilton said she’s also proud of her father, who is originally from New York City. He went to medical school and became a doctor after a career in mechanical engineering.

The youth shares a passion for beekeeping with her father. Wilton’s dad helped her with a school project a few years ago, and she currently cares for thousands of the insects in two hives

on property the family owns near Mount Rainier.

“I wanted to do something good for the environment,” she said.

The dad and daughter read up on beekeeping and watched internet videos before immersing themselves in the project.

“I’d never gotten stung by a bee before, so I wasn’t scared,” Wilton said. “It’s surprisingly fun and not hard; I think anyone could be a beekeeper.”

She spends about 40 minutes each week making sure the queen bee is OK, since there’s only one queen, and she’s the only one who can lay eggs.

“I see the queen bee a lot; it’s so fun,” Wilton said.

Wilton also is on the Lakewood Youth Council and president of her school’s junior class. She was president of the sophomore class last year.

She enjoys spending time with her family and also plays piano and ukulele.

After Wilton graduates from high school next year, she hopes to attend Columbia University in New York and study biology or economics.

NEWS IN BRIEF

Gold Star Spouses and families are invited for a day at the zoo

In honor of National Gold Star Spouses Recognition Day Thursday, Joint Base Lewis-McChord’s Survivor Outreach Services is partnering with Sarah Vargo, SOS coordinator at Camp Murray, for a Gold Star Spouses event at Point Defiance Zoo and Aquarium April 14 from 10 a.m. to noon.

The event is free for Gold Star family members. Friends and others interested in attending can do so but must pay for their own zoo admittance. Preregistration is required, at tiny-url.com/yakrjyuo. Additional information will be emailed to participants after they register, concerning where to get into the zoo and how to pick up tickets.

“So many times we get together and it’s really sad; but, this is a day to embrace happiness, it shouldn’t always be sad,” said Tina Mann, financial counselor for JBLM’s Survivor Outreach Services.

“So few people know what a wonderful zoo we have right in our backyard,” Mann said. “And, it’s right by the water, so after they go to the zoo, families can go walk by the water and spend the whole day if they want.”

— RUTH KINGSLAND, NORTHWEST GUARDIAN

Holocaust Day of Remembrance Observance is Thursday on JBLM

Joint Base Lewis-McChord’s 2018 Holocaust Day of Remembrance Observance will be held Thursday at 11:30 a.m. at the Lewis North Chapel. The event is open to everyone who has base access.

Colonel Jay Miseli, 2nd Brigade, 2nd Infantry Division commander, will host the event

The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of more than 6 million Jewish men, women and children, and people with mental and physical disabilities, as well as other ethnic, religious and social groups targeted by the Nazi regime in the 1930s and 1940s.

— I CORPS

Team McChord kicks off 2018 Air Force Assistance Fund campaign

Team McChord kicked off the annual Air Force Assistance Fund campaign Monday on McChord Field. The campaign runs through May 4 with a local goal of \$51,872 in donations.

The AFAP is an annual effort to raise funds for charitable affiliates that provide support to Air Force members in need, to include active duty, reservists, guard and family members, including surviving spouses.

“It’s an awesome opportunity to help those in need,” said Senior Master Sgt. Matt Dinunzio, an Air Force Assistance Fund campaign installation project officer and 62nd Aerial Port Squadron air freight superintendent. “We, as Airmen, give back and care for each other — and as an Air Force family, we’re bonded by some blood, sweat and tears.”

The four agencies members can donate to are:

- Air Force Aid Society,
- Air Force Enlisted Village,
- Air Force Villages Charitable Foundation,
- Mrs. Curtis E. LeMay Foundation.

These agencies provide support in an emergency with educational needs or a secure retirement home for Air Force widows or widowers in need of financial assistance.

Leadership from the 62nd Airlift Wing and 627th Air Base Group attended the kickoff and encouraged maximum participation from McChord Field Airmen.

“It’s through kindness and support of fellow Airmen that this program carries on,” Dinunzio said. “Without it this would die down and the four charities wouldn’t be able to support themselves like they do now. So I ask that folks reach out and contact each other, and then think about how we as Airmen can care for other Airmen.”

For more information about the Air Force Assistance Fund, its four charitable affiliates or to donate, contact your unit project officer.

— 62ND AIRLIFT WING PUBLIC AFFAIRS

McChord Field aircrew members make an annual Moses Lake visit

McChord Field aircrew members went to Moses Lake, the 62nd Airlift Wing and 446th Airlift Wing’s primary auxiliary field for local training sorties, for an annual visit March 16.

The annual visit includes inspections by occupational safety, public health, bioenvironmental, flight safety and briefings from flight safety and the United States Department of Agriculture for pilot students and local fire department.

“Awareness of our operations serves to reduce the chances of midair collisions, promotes understanding of the ‘why’ behind what we are doing,” said Capt. Caroline Tetrick, 62nd Airlift Wing flight safety officer. “And it’s a public relations opportunity for the Air Force.”

The Big Bend Community College, based in Moses Lake, has an aviation course with new students every year. Each new class is briefed on midair collision avoidance.

“These student pilots are inexperienced and sometimes flying solo around the Moses Lake area,” Tetrick said. “They fly slow but maneuverable light aircraft that can be hard for C-17 pilots to pick out visually, especially when executing complex profiles in busy airspace.”

Student pilots had the opportunity to see a C-17 up close to give them a better frame of reference.

By keeping open communication and a regular presence in the area, the Air Force wants to ensure everyone can safely share Washington’s airspace.

— 62 AIRLIFT WING PUBLIC AFFAIRS

The new Camp Lewis USO Center recently opened on Lewis Main

The Camp Lewis USO Center recently opened on Joint Base Lewis-McChord inside the ACU Building on Lewis Main.

The new USO center provides a lounge with free internet, TVs, computers, games and donated snacks and serves as a hub for family services and community outreach.

USO-NW’s Camp Lewis Center expands access to USO’s unique programs and services to the military members and their families stationed on Lewis Main. USO-Northwest forecasts the new USO center will serve about 50,000 service members and their families in the first year on Lewis Main — where more than 80 percent of the JBLM’s population resides.

USO-Northwest first launched this campaign in 2016 and received tremendous financial support from numerous groups, businesses, foundations and individual donors. The USO Northwest raised more than \$250,000 in funds or in-kind donations to make the center possible.

— USO-NORTHWEST

QUOTE OF THE WEEK

“Until we can have a wall and proper security, we’re going to be guarding our border with the military. That’s a big step. We really haven’t done that before, or certainly not very much before.”

Donald Trump
President of the United States

ALSO INSIDE



SCOTT HANSEN Northwest Guardian
SMART START: Alex Diaz, left, works with Gideon Cunha, 4, during a Child and Youth Services Start Smart Camp Tuesday. **See story, 1B**

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● **Ahead of schedule:** Administration officials, military leaders, senior Iraqi representatives and regional experts discussed views on Iraq and Syria at the U.S. Institute of Peace in Washington, D.C., Tuesday. Military efforts to defeat the Islamic State of Iraq and Syria are about six to eight months ahead of where officials thought they would be at this point, Army Gen. Joseph Votel, commander of U.S. Central Command, said. The success throughout the campaign has been quite extraordinary, he added.

● **Housing survey coming:** Army housing residents have the chance to provide feedback about living in privatized housing. The Army launches a Residential Communities Initiative resident satisfaction survey from now



through May 31, emailing the survey link to more than 80,000 residents living in privatized housing at 44 installations. Residents will receive announcement letters before the start of the web-based survey notifying them of the start date and the time frame for participation. Completing the survey takes about 10 minutes. Residents have 30 days to complete the survey.

1ST SPECIAL FORCES GROUP

1st SFG takes 1st in sniper event

1st SFG bested more than 40 military teams

BY STAFF SGT. CHRISTOPHER HARPER
1st Special Forces Group (Airborne)

FORT BRAGG, N.C. — There are shooting and marksmanship competitions around the world and then there is the annual United States Army Special Operations Command International Sniper Competition.

A 1st Special Forces Group (Airborne) sniper team earned overall first place honors in the ninth annual event after besting more than 20 special operations force teams from around the U.S. military’s most elite units and international special forces teams.

According to USASOC, the International Sniper Competition consisted of 22 events over five days and four nights of physically and mentally challenging precision fires. Sniper teams converged on Fort Bragg, N.C., March 18 to 22, to compete in a challenging and combat-oriented competition.

“We started off poorly on the first day due to some sleep deprivation,” said Master Sgt. David, a Green Beret with the 1st SFG, and member of the winning sniper team. “We really started clicking and things began to fall into place after we regrouped and got some rest between events.”

David competed with his teammate Sgt. 1st Class Cuong, also a Green Beret with the 1st SFG.

The event is distinctive by



SGT. 1ST CLASS JACOB BRAMAN U.S. Army Photo



the high level of world-class teams competing.

The United States Army John F. Kennedy Special Warfare Center and School and the 1st Special Warfare Training Group

ABOVE: Sgt. 1st Class Cuong, half of the 1st Special Forces Group (Airborne) Green Beret sniper team, uses communication and teamwork with his teammate Master Sgt. David at the United States Army Special Operations Command International Sniper Competition at Fort Bragg, N.C., March 18 to 22.

LEFT: Master Sgt. David uses binoculars to scan targets during an event at the ninth annual United States Army Special Operations Command International Sniper Competition.

(Airborne) hosted the competition.

“It is the level of competitors,

“Their experience and professionalism will serve 1st Group for years to come as they pass on that knowledge to the Green Berets coming up behind them.”

Command Sgt. Maj. Tony Labrec
1st Special Forces Group (Airborne) senior enlisted leader

the cadre, and the competition that make this event so unique,” David said. “At this level, all of these guys are the best of the best.”

The 1st SFG sniper team outperformed special operations teams from the Naval Special Warfare Command, Marine Corps Scout Sniper School, U.S. Army Sniper School, 75th Ranger Regiment, and international SOF teams from Germany, Ireland, Netherlands, France, Italy and Singapore.

David and Cuong were humbled to have come out atop the competition.

“These guys were so good we knew whoever was going win was going to need to have a little bit of luck on their side,” David said.

“We are proud of Dave and Cuong,” said Command Sgt. Maj. Tony Labrec the 1st SFG senior enlisted leader. “Their experience and professionalism will serve 1st Group for years to come as they pass on that knowledge to the Green Berets coming up behind them.”

● **Editor’s note:** Due to the mission of *Special Forces Soldiers*, some members of the *1st Special Forces Group (Airborne)* prefer not to use their full names.

MADIGAN ARMY MEDICAL CENTER

Madigan now offers LGBT support group

LGBT monthly support group is first of its kind

BY SUZANNE OVEL
Madigan Army Medical Center

Lesbian, gay, bisexual and transgender service members can now join a newly-formed support group at Madigan Army Medical Center.

The LGBT support group meets the second Thursday of every month at 5 p.m. at the Richmond Conference Room. Service members can participate on a drop-in basis.

“We want to be able to support the LGBT groups of military service members that are here, that may not have those people they feel comfortable to reach out to and talk to, especially the transgender population,” said Maj. Angela Shrader, chief of Madigan’s Residential Treatment Facility and a doctorate psychiatric nurse practitioner. She also serves as a co-facilitator of the group.

While some other military treatment facilities offer such groups, this LGBT support group is the first of its kind at Madigan. Shrader said that although LGBT members can now openly serve, many service



RIO FERNANDES Northwest Guardian / 2016

members still feel trepidation about being open with others in the military.

“For those of us who are older who (were) around when ‘Don’t Ask, Don’t Tell’ was here, even though everyone says it’s safe to talk, (we still) struggle with that,” Shrader said. “For so long as an older LGBT member, that just was never, never shared, and so I hid myself quite well in making sure people didn’t know. Now we can be open; let’s come together.”

In addition to active-duty LGBT service members, their

spouses and significant others can also attend the group. The group’s other co-facilitator and a psychiatric mental health nurse practitioner, 1st Lt. Casey Strong, said LGBT service members previously had to keep their family lives separate from their work lives.

One of the goals of the group is to work to incorporate both their work and family spheres.

“This (group) will offer 100 percent familial support, (with) no judgment and no discrimination whatsoever,” Strong said.

Although she and Shrader work at Madigan, the group is for mutual support amongst peers and not therapy.

They said they hope LGBT service members can build connections and a community with each other. Such support may help address unique stressors within the LGBT community.

Transgender people, in particular, are at a higher risk of suicide.

Shrader said she sees the group as a way for LGBT service members to pull together and be a network for those

“For those of us who are older who (were) around when ‘Don’t Ask, Don’t Tell’ was here, even though everyone says it’s safe to talk, (we still) struggle with that. For so long as an older LGBT member, that just was never, never shared, and so I hid myself quite well in making sure people didn’t know. Now we can be open; let’s come together.”

Maj. Angela Shrader
Madigan Army Medical Center, chief of Residential Treatment Facility

people that may be struggling or just need somebody to reach out to. She envisions the group as one that is driven by what its members choose to focus on each month.

Strong said she hopes the group will build connections with area LGBT communities through volunteer work, as a tie to their larger culture.

“Just being proud of who you are is something that we can finally offer,” she said.

To learn more about the LGBT support group, call 253-968-3667.



**Commander, I Corps and
Army Senior Commander, JBLM**
Lt. Gen. Gary Volesky

**Commander, 62nd Airlift Wing and
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STRAIGHT TALK

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COMMENTARY

Marvel’s ‘Black Panther’ sets the tone for leaders

BY COL. CHERIE ROFF

315th Mission Support Group Commander

JOINT BASE CHARLESTON, S.C. — My family and I had movie night a couple of weeks ago, and I was immediately struck by the leadership modeling prevalent in the movie, Marvel’s “Black Panther.”

For years, Air Force Professional Military Education has promoted “Twelve O’Clock High” as part of the curriculum.

“Twelve O’Clock High,” a World War II depiction of leadership challenges, is now dated, and in my opinion, boring and not relevant to our up-and-coming leaders. We now have a new, much more exciting movie that should be on the PME listing for leadership movies, “Black Panther.”

The movie represented the status quo leader example in the main character, T’Challa, the Black Panther. The change agent or courageous leader example is his love interest Nakia. The integrity dilemma leader is the commanding General Okoye, and the toxic leader is the villain Erik Killmonger.

This story contained such great examples of what we are trying to teach young leaders. I was also amazed at how quickly the leadership models could be identified.

We all desire our leaders to be inspirational and set a vision of an achievable goal greater than themselves. Unfortunately, leaders often fall short, only continuing with the status quo, because they are distracted by the day-to-day tasks and fires that need to be managed.

The courageous leader is the one we admire — who faces bad news without giving up, takes on difficult situations with confidence in their people and can reach their goal.

All leaders face the integrity dilemma; it represents the leader who has to maintain their integrity, even when it would be easier not to.

Lastly, no leader wants to be defined as toxic, but some leaders can get caught up in the drive and they forget about the people behind the mission.

So, I would challenge you as you watch “Black Panther,” to look at the leadership displayed by the characters and determine your path to that inspirational and courageous leader. If you do, we will all cheer as the good guys win.

VIEW FROM THE TOP

A closer look at recent TRICARE plan changes

BY COL. MICHAEL PLACE
*Madigan Army Medical Center
Commander*

As anyone who uses TRICARE can attest, 2018 has ushered in a number of changes to TRICARE. In response to many inquiries from our patients, we want to address some of the recent TRICARE plan changes.

With changes from the regional contractor to types of plans available

to copays, one question many ask is why so many changes are happening at the same time. The key reasons are the implementation of Congress’ 2017 National Defense Authorization Act legislation,

Place

which happened to fall on the same date as a change in the TRICARE support contracts.

One of the most noticeable changes is the creation of the TRICARE Select plan, which replaced TRICARE Extra and TRICARE Standard plans. If you enrolled for TRICARE Standard and TRICARE Extra on Dec. 31, you were automatically enrolled in TRICARE Select effective Jan. 1.

Because TRICARE Select is a self-managed, preferred provider network option, you are not required to have a primary care manager; this allows you to visit any TRICARE-authorized provider for TRICARE-covered services without referrals. TRICARE Select patients may also take advantage of plan improvements such as additional preventive care services.

It’s important to remember that with the change to active enrollment for all plans, patients may only enroll in a TRICARE plan or make changes during the open enrollment season which will be from Nov. 12 through Dec. 10 for health care coverage during 2019. If you choose not to enroll in a TRICARE plan or enroll and fail to pay enrollment fees, your only option for health care is in a military treatment facility in a space-available status; the network medical would not be covered.

Patients may also notice a change in copays. With the new TRICARE changes, many cost shares (the percentage of the allowed amount) were replaced with copays (fixed amounts) for in network care. While some may pay more out-of-pocket fees, the copay system does offer patients greater predictability on how much each visit will cost.

Please note as well that TRICARE shifted from the fiscal year to the



JOHN WAYNE LISTON Madigan Army Medical Center

Dr. Ronald Kreinbrink performs an evaluation of a newborn at Madigan Army Medical Center’s Puyallup Community Medical Home in Puyallup recently.

calendar year for the administration of benefits, which means payments for deductibles along with other out of pocket costs are applied to catastrophic caps beginning Jan. 1 of each year. Depending on when you became eligible for TRICARE, you may need to pay an enrollment fee for TRICARE Select.

You can find your health plan costs at tricare.mil/costs/health-plancosts

Another significant TRICARE change this year was the change of our regional contractor to a new contractor, Health Net Federal Services. If you’re a TRICARE Prime patient, you should verify your doctor and other health care providers are still TRICARE certified.

In addition, due to a backlog of unprocessed routine referrals which Health Net Federal Services is processing, patients in our region have been granted an authorization waiver for network outpatient specialty care for referrals written between Jan. 1 and March 31.

In other words, if a doctor wrote a referral for you during this time frame for dermatology, for instance, you only need a copy of the referral and the waiver letter to be seen by a network dermatologist.

It is important to note that when we return to requiring authorizations for referrals made in April and

later, you will no longer receive authorization letters in the mail. Instead, you should log onto tricare-west.com to view your referral authorization there.

Finally, you should know the TRICARE Retiree Dental Program is ending at the end of 2018. Beginning in 2019, dental and vision plans will be available through the Office of Personnel Management’s Federal Dental and Vision Insurance Program — tricare.mil/about/changes/FEDVIP. If you currently get your dental coverage through TRICARE, you will need to enroll in a FEDVIP Dental plan during the TRICARE open season to sustain coverage next year.

While this doesn’t cover all of the various TRICARE changes this year, these are some of the most impactful to our patients. For more information about these changes, please visit the TRICARE website at tricare.mil/changes.

You may also visit our beneficiary counseling and assistance coordinators at Madigan (in our Patient Assistance Center) who will help explain your TRICARE benefits, or call 253-968-1145, option 3.

Throughout all of these changes, we remain proud to provide you with the care that you deserve through Madigan and our community health care partners.

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel
Saturday, 5 p.m. — McChord Chapel No. 2 (reconciliation at 4 p.m.)
Sunday, 9 a.m. — Lewis Main Chapel
Sunday, 9 a.m. — Madigan Chapel
Sunday, 10 a.m. — McChord Chapel No. 2
Sunday, noon — Lewis Main Chapel
Sunday, 5 p.m. — Lewis Main Chapel
Weekdays, noon — Lewis North Chapel
Weekdays, 11:45 a.m. — Madigan Chapel; call 253-968-1125
1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers’ Chapel
8:30 a.m. — Traditional — McChord Chapel No. 1
10 a.m. — Contemporary — Four Chaplains Memorial Chapel
10:30 a.m. — Collective — Lewis Main Chapel
10:30 a.m. — Collective — Madigan Chapel
10:30 a.m. — Contemporary — Evergreen Chapel
11 a.m. — Contemporary — McChord Chapel Support Center
11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish
Friday, 7 p.m. — Lewis Main Chapel
Islamic
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125
Buddhist
Friday, 6 p.m. — Soldiers’ Chapel, 253-966-5959
Pagan/Wiccan
Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

JBLM SNAPSHOT



SPC. AUSTIN POPE U.S. Army Photo

Sgt. Kyle Swaim, right, an intelligence analyst and paratrooper with 1st Special Forces Group (Airborne), takes a prize from the Sexual Harassment Assault Response Program education wheel at Joint Base Lewis-McChord Tuesday.

THIS WEEK IN HISTORY

- April 6, 1776:** Congress opens all U.S. ports to international trade.
- April 7, 1961:** JFK lobbies Congress to help save historic sites in Egypt.
- April 8, 1935:** FDR signs Emergency Relief Appropriation Act.
- April 9, 1959:** First astronauts introduced.
- April 10, 1942:** Bataan Death March begins.
- April 11, 1814:** Napoleon exiled to Elba.
- April 12, 1633:** Galileo is convicted of heresy.



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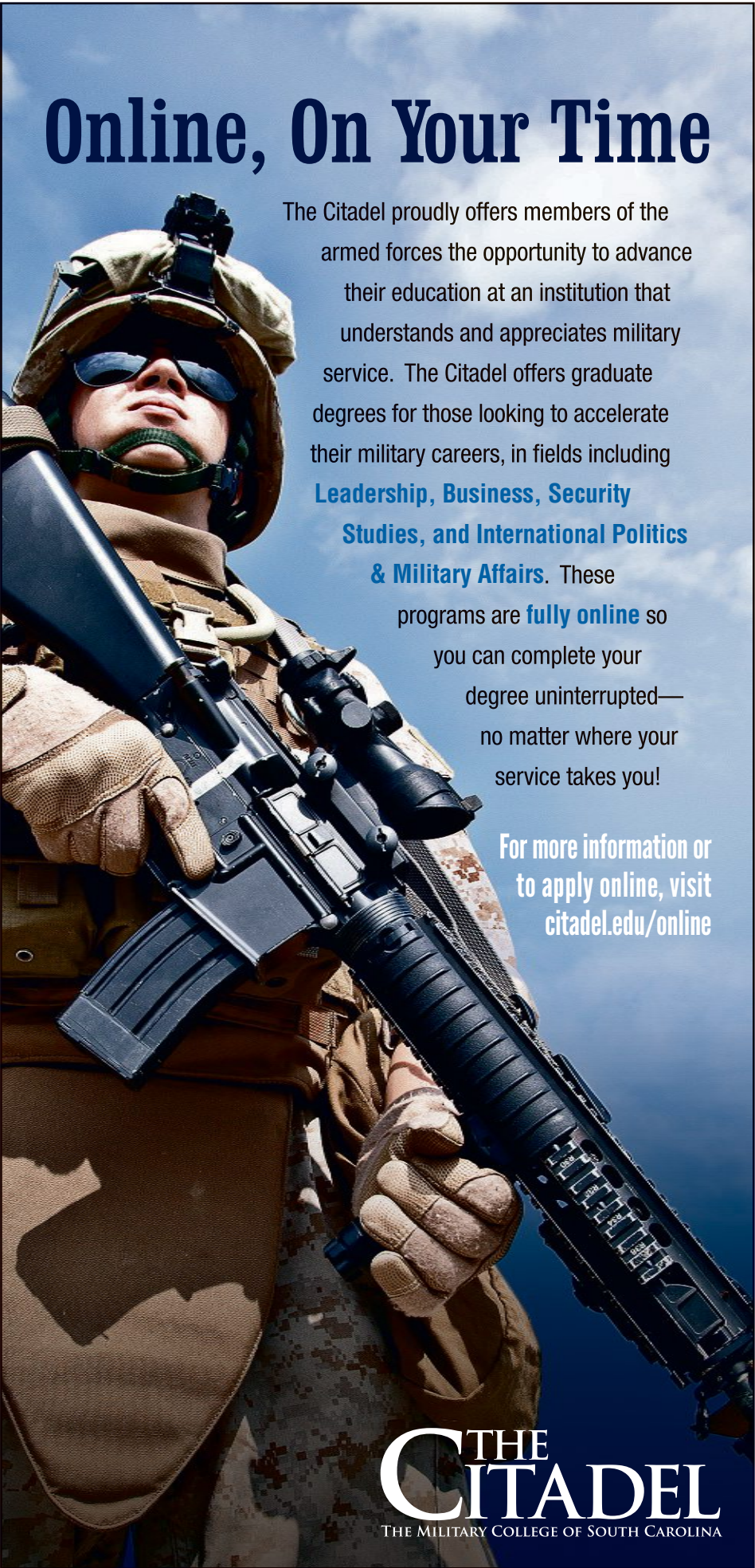
Taking the time to relax is just as important as tending to your official duties. From stylish hotels to spacious suites, from incredible locations to extensive resort amenities, we offer the perfect fit for anyone visiting Hawaii.

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HOTELS FOR ALL



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The Citadel proudly offers members of the armed forces the opportunity to advance their education at an institution that understands and appreciates military service. The Citadel offers graduate degrees for those looking to accelerate their military careers, in fields including **Leadership, Business, Security Studies, and International Politics & Military Affairs**. These programs are **fully online** so you can complete your degree uninterrupted—no matter where your service takes you!

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THE MILITARY COLLEGE OF SOUTH CAROLINA



Health care made easy for military families.

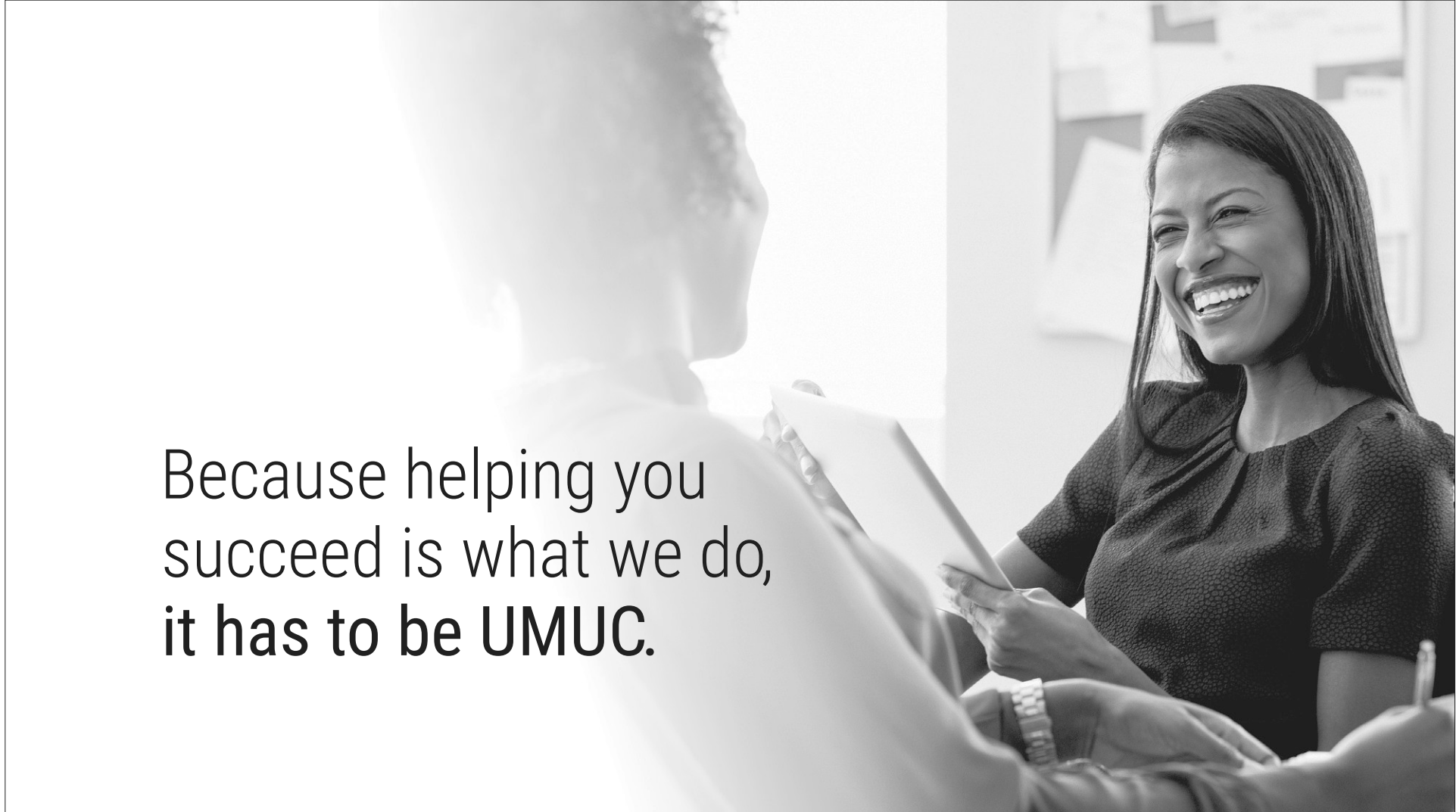
US Family Health Plan offers same-day urgent care appointments and a network of civilian providers close to home and base. Free coverage for active-duty families and the same cost as TRICARE Prime® for retired military.



FIND OUT MORE: **833-386-1125 USFHPnw.org**

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Because helping you
succeed is what we do,
it has to be UMUC.

Join us this April for an online or on-site event near you, and learn how you can earn a career-relevant degree from a respected public state university. You can speak with an advisor who can help you navigate your options and manage or reduce your education costs. You will also learn about our flexible online and hybrid classes, and find out how you can transfer up to 90 credits toward your bachelor’s degree for prior learning and military experience.

Prospective students who attend one of these events and apply within 30 days after attending will be eligible to have the \$50 application fee waived.

The \$100 application fee for the Doctor of Management program cannot be waived.

FOR MORE INFORMATION

Call 253-212-2399
or visit umuc.edu/info.



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2018

**JOINT BASE LEWIS-McCHORD
BODYBUILDING CHAMPIONSHIP**

SATURDAY, AUGUST 11, 5 PM
NELSON REC CENTER



Now recruiting bodybuilders!
Register by July 27
\$25 entry fee for military
\$35 entry fee for civilians

Open to everyone!
All competitors will receive a T-shirt.
For base access pre-registration is required.

For more information visit: JBLMmwr.com or
 **/JBLMSportsFitnessAquatics**



**The Club at
McChord Field**

**THURSDAY
APRIL
26**

**German buffet & live oompah band
5:30–7:30 p.m.**
Reservations required; call 253-982-5581
\$21.95/ages 11–older; \$11.95/ages 4–10;
Free/ages 3–younger. Club members save \$2.
German beer & Riesling available for purchase.

 700 Barnes Blvd.
fb.com/McChordClubMWR





KEEP IN TOUCH ON THE GO!
with JBLM MWR's apps for iOS & Android.
Event Info, GPS directions & Hours of Operation



JBLM COMMUNITY GARDENS

Growing gardens on JBLM

The gardens are open to anyone with base access

BY CATHY HAMILTON-WISSMER
Directorate of Public Works

There are ways for gardeners on Joint Base Lewis-McChord to keep their hands buried in the soil and their souls filled with the potential of tiny seeds.

For \$25 a year, you can have a 4-foot by 10-foot raised garden bed either at the McChord Field or Lewis North gardens. Community gardens are open to anyone with access to Joint Base Lewis-McChord. Both are located near the horse stables, and rakes, compost, water hoses are provided.

“Community gardens on JBLM are a great way to grow your own vegetables,” said Miriam Easley, with sustainability outreach for the Directorate of Public Works. “The community gardens have a lot of sun and experienced gardeners to assist you. Putting together a herb and salad garden can be a simple way to start.”

Easily grown herbs include basil, oregano, rosemary and sage. Common vegetables with strong nutritious content include arugula, beans, broccoli, carrots, chard, endive, kale, lettuce, spinach, squash, sweet potato, tomatoes and turnips.

Include edible flowers such as pansy or nasturtium for added color.

Have you ever seen broccoli growing? Growers may be interested in checking out Raindrops and Rainbows. This Child Development Center on Lewis North has a child friendly garden.

The junior participants and their parents help Lolita Estrada plant and harvest every year. It’s a chance to see how those tiny seeds transform



Mo Martinez, left, helps Peter Mount pick red radishes from the garden at Raindrops and Rainbows Child Development Center on Lewis North June 13.

into edible wonders.

Radishes make the first harvest, with a wide variety of edibles growing all summer and lots of pumpkins are available for fun and decorating in the fall.

The Warrior Transition Battalion’s Healing Garden, near Madigan Army Medical Center, is a

place for wounded service members to garden in raised beds. They can grow vegetables, flowers, make a memorial and enjoy the community.

Novice gardeners have a chance to experiment with their gardens with support from Gary Ouellette, a retired sergeant major from I-Corps chaplains’

office and current Madigan employee.

Container gardening can be a great way to decorate entryways and works well for living in an urban area. It can be as simple as planting a geranium in a pot or as complex as an overflowing whiskey barrel.

Start with a drought tolerant

“Community gardens on JBLM are a great way to grow your own vegetables. The community gardens have a lot of sun and experienced gardeners to assist you. Putting together a herb and salad garden can be a simple way to start.”

Miriam Easley
Sustainability outreach,
Directorate of Public Works

potting soil mix that can retain moisture and save watering time. Arrange your plants in the containers by planting taller plants in the back or center and shorter plants, that might spill over, closer to the front of the pot.

Consider planting a pollinator garden in a community garden plot or in a container to support local bees and butterflies. They love flowers such as alyssum, aster, bee balm, borage, fennel, goldenrod, hollyhock, lavender, marigold, oregano, coneflower, verbena, yarrow, zinnia and sunflowers.

Various flowering perennials also support neighborhood pollinators, and include native plants in your containers as they typically have nectar-and pollen-rich flowers that can be planted organically to provide a longer range food supply, from spring through fall.

Lifestyles have changed, and it has become a passion to eat healthier food, live a cleaner lifestyle and discover your connection to nature. Gardening guides are available everywhere, making it easier to beautify the world, change your environment and feel wonderful — it’s a great family event as well.

For more information, call the Lewis North Community Garden at 253-967-7744 or the McChord Field Community Garden at 253-982-2206.

GO LEWIS-MCCHORD

Staying on the GO on JBLM with programs

BY MEREDITH SHORES
Pierce County Planning and Public Works

Traffic congestion can be significant on Joint Base Lewis-McChord at key points in the day. By taking advantage of the GO Lewis-McChord programs — GO Transit, GO Bike and GO Rideshare — you can save time and money and reduce your impact on the environment.

Driving a personal vehicle on base is a popular method of getting around, but it is not always efficient, and, of course, finding parking can be a hassle.

GETTING AROUND

You may have noticed vans driving around JBLM with GO Transit signs. GO Transit is a free transit system that travels between the main areas around base. The system is available to everyone on JBLM, so consider trying GO Transit on your next trip to the two JBLM exchanges, a gym or a dining facility.

To use GO Transit, visit GOLewisMcChord.com or download the free phone app, OneBusAway, to find the stop closest to you and view the schedule. Once you arrive at the GO Transit



CATHY HAMILTON-WISSMER Directorate of Public Works

stop, stand within five feet of the stop — you may want to give the driver a little wave, especially in low-visibility situations.

When you board, tell the driver what stop you want to go to. If your destination requires a transfer, the driver will communicate with the other vehicles to ensure you easily get to the next vehicle.

In addition to on-base transportation options, GO Transit also connects with two off-base locations. Ride GO Transit to these off-base locations, or get back onto JBLM by using GO Transit from these spots.

The 512 Park-and-Ride in Lakewood provides connections with public transportation to

SeaTac Airport, Seattle, Lakewood Town Center, Olympia, Lacey and Tacoma. The GO Transit DuPont stop, located in front of the Best Western Liberty Inn, provides access to restaurants and businesses in downtown DuPont as well as weekday connections with public transportation to Tacoma and Seattle.

Sgt James Morehouse boards a GO Transit van on Joint Base Lewis-McChord Feb. 21. Morehouse, a regular rider, said he enjoys the consistency of service provided by GO Transit to go from housing to work and to travel off-base to visit family.

GOOD EXERCISE

GO Bikes offers an alternative mode of transportation that is perfect for the spring. This free bike share option allows you to get your exercise and travel at the same time.

Bikes are available to active-duty service members, family members 18 or older, contractors and Department of Defense employees. There are six locations to check out a GO Bike. Visit GOLewisMcChord.com to view the locations.

RIDESHARE HELP

If you live off-base, consider commuting with others in a free van pool with GO Rideshare. Commutes need to be 10 or more miles, and it only takes three riders to start a van pool.

Visit GOLewisMcChord.com to contact a van pool coordinator and learn how to join or start a van pool.

If you have any questions about the GO Lewis-McChord programs, call 253-966-3939. For more information, visit Facebook.com/GOLewisMcChord or GOLewisMcChord.com.

Community Garden



Eat healthy, save money & get outside!

4x10-ft Garden Plots

- Located near the horse stables at Lewis North and McChord Field
- Rakes, compost, and water hoses provided

Call for rates and details:
253-967-7744 Lewis North &
253-982-2206 at McChord Field



Community Ledger

ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to nwgeditor@nwguardian.com. Announcements can be viewed online at nwguardian.com. The Northwest Guardian office is in the basement of 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



SNAPSHOT

Taking the oath

Maj. Gen. Willard Burleson III, commanding general, 7th Infantry Division, leads 12 Task Force Bayonet Soldiers in a U.S. Armed Forces Oath of Reenlistment ceremony at the division's headquarters Tuesday.

STAFF SGT. KENNETH PAWLAK
7th Infantry Division Public Affairs

LET'S HEAR IT

What do you want to know in 2018? The Northwest Guardian, Joint Base Lewis-McChord's command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you'd like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477- 0182.

SCHEDULED HOLIDAYS AND FAMILY DAYS

The following are the scheduled dates for Army's Day of No Scheduled Activity and Air Force's Family Days and federal holidays on Joint Base Lewis-McChord.

- April 23 - Army DONSA
- May 25 - Army DONSA
- May 28 - Memorial Day
- June 15 - Army DONSA
- June 18 - Army DONSA
- July 3 - Army DONSA
- July 4 - Independence Day
- July 5 - AF Family Day
- Aug. 3 - Army DONSA
- Aug. 6 - Army DONSA
- Aug. 31 - Army DONSA
- Sept. 3 - Labor Day

RHC-P PROFESSIONAL DEVELOPMENT DATE

Regional Health Command-Pacific invites the Joint Base Lewis-McChord medical community to attend a professional development session Monday from 1 to 5:30 p.m. at American Lake Conference Center. Featured speakers are John Nance, author of "Why Hospitals Should Fly," and Kathleen Bartholomew. The topic of their presentation is, "What now? A dynamic and cutting-edge program for healthcare leaders and physicians." Materials for the session (optional/not required) may be purchased at the following link: <http://store.seconddriverhealthcare.com>. Select the title, "Why Hospital's Should Fly." To pre-register, call 253-967-8027.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

Joint Base Lewis-McChord's Armed Forces Community Service hosts a First PCS Move workshop Mondays from 3 to 4 p.m. at Waller Hall, 2140 Liggett Ave., Lewis Main, and the second Thursday of each month at the Service Member and Family Readiness Center, 551 Barnes Blvd., McChord Field. For more information, call 253-967-3633 or 253-982-2695. To register, visit jblmafcscheckappointments.com.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

The McChord Library's Novel Navigators is an adult discussion group for book lovers that meets the second Wednesday of each month at the McChord Field Library at 4:30 p.m. The next meeting is Wednesday to discuss "The Martian" by Andy Weir. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

SMA OF NORTHWEST MONTHLY MEETING

The general membership meeting of the Sergeants Major Association of the Northwest meets at Samuel Adams Brewhouse, Bldg. 2400 on South Division Street on the second Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is set for Thursday.

EXPERIENCE THRILLS AT VARIETY SHOW

Adults ages 18 and older are invited to the Amazing Johnathan's Big Bang Variety Show April 14 at 6 p.m. at Nelson Recreation Center. The show, brought to you by Army

Entertainment, stars the Amazing Johnathan, magician-comedian and performer. The evening will be hosted by comedian Key Lewis and features a Cirque-style acrobatic team Duo Enchantment and contortionist Anna Brown. Food, beer and wine will be available for purchase. Tickets cost \$10 or \$15 per couple and are available at JBLMmwrRegistration.com. Nelson Recreation Center is located at 3168 Second Division Drive on Lewis Main. Doors open at 5:30 p.m.

JBLM NEWCOMERS' ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you're new, returning or just want to learn your way around the base, all service members, civilians and adult family members are invited to attend the Newcomers' Orientation April 17 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit jblmafcscheckappointments.com.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. in Bldg. 2014 at Fire Station 107 Pendleton on Lewis Main. Two copies of commander-signed memorandums are required for

admittance to the class. Next class is scheduled for April 18. Fire Safety Class is limited to the first 25 people. Doors will open at 8:30 a.m. For more information, call 253-966-7164.

ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord Field Library's monthly Kids' Book Club meeting the third Wednesday of the month at 4 p.m. Read fun books, meet fun people. Parents, bring your children by the McChord Field Library now to register and get a copy of this month's book. Check out "El Deafo" by Cece Bell for the April 18 book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

SELL TREASURES AT SPRING FLEA MARKET

One person's trash is another one's treasure at the annual Spring Flea Market in Family and Morale, Welfare and Recreation's Fest Tent April 21 from 9 a.m. to 1 p.m. Clean out your closet, garage or attic so you can rent tables or spaces and sell your gently used items for cash. The cost for two tables, spaces or a combination is \$26. For three spaces, tables or a combination, pay \$30. Each additional table or space is \$6. For more information on renting your sale area, email specialerevents@JBLMmwr.com or call 253-967-6772. The Fest Tent is located at 2200 Liggett Ave. on Lewis Main.

RESERVE SPOTS FOR PARENT-SON DANCE

Enjoy a fun-filled evening at the Club at McChord Field's Parent-Son Dance May 4 from 6 to

9 p.m. with appetizers, cake, punch, coffee, tea and DJ dancing. Reservations and prepayment are required; the cost is \$20 per pair and \$8 per additional son. For reservations, call 253-982-5581/0718. Payment is required prior to the event; no walk-ins allowed at the door.

RESERVE TENTS, CABIN RENTALS ONLINE

Warm weather is on the way. Want to make reservations for tent camping, the travel camp or cabins at Lewis North? Reserve your place now at JBLMmwrRegistration.com. Here's how:

- Sign in or create an account, if you don't have one yet.
- Click on Outdoor Recreation under Family and MWR programs.
- Click on Northwest Adventure Center on Lewis North, then click which type of reservation you'd like to make — tent camping, travel camps or cabins — and follow the instructions at each window or field.

For more information, call 253-967-7744. Make your reservations for McChord Field's Holiday Park by phone or in person. For more information, call 253-982-2206.

SOS MOVES OFFICE TO WALLER HALL

Survivor Outreach Services moved from its former location to Waller Hall, 2140 Liggett Ave. It is now colocated with other support services in Waller Hall to better serve all Gold Star families. Check out the new space near Official Travel. SOS is committed to serving families of the fallen. When you call, you will be connected to a dedicated person who will guide you through available agencies

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the "JBLMUnlimited" website at jblmunlimited.com or on Facebook at facebook.com/jblmunlimited.

The following is a snapshot look into some upcoming employment fairs and networking opportunities:

Operation GoodJobs!
Fridays 2 p.m. Starbucks, 10314 S. Tacoma Way, Lakewood. For more information, email vetservicesinfo@goodwillwa.org or call 253-573-6789.

Hawk Job Fair take place Mondays (except DONSA's and federal holidays) at Hawk Transition Center Auditorium at 11 a.m. Walk-ins are welcome.

Career Skills Program Briefings take place Mondays at Hawk Transition Center Auditorium. Walk-ins are welcome. Noon: trades/skills/technology/business brief.

What's My Next Move? Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Email kmyers@esd.wa.gov, or call 253-552-2547.

Defense Intelligence Agency Recruiting Event Tuesday at 1 p.m. at the Hawk Transition Center's auditorium, located at 11577 41st Division Drive. Open to all interested in applying for civilian positions. For more information, call Shane Watson at 253-477-4758.

King County Veterans Program in partnership with PACCAR Tuesday from 10 a.m. to 2 p.m. at 645 Andover Park W., Tukwila. PACCAR representatives from seven organizational divisions will be on site to meet with veterans and spouses. Please preregister for this event at tinyurl.com/y9scozv9, and bring your resume. Be ready to present your skills. It is recommended that you review the PACCAR

careers website at jobs.paccar.com, and apply for positions for which you are qualified prior to the event. For more information, visit thefinalword-jobs.com.

C2C Federal Resume and USA Jobs + Lab Wednesday from 8:30 a.m. to 11:30 a.m. at the Hawk Transition Center in Room 214, located at 11577 41st Division Drive. Learn the process of seeking and competing for federal employment and discuss the required steps for the hiring process. Featured guest instructor is a veteran HR specialist. To register, visit tinyurl.com/y7m7kotm.

C2C Linked In Workshop Wednesday from 1 to 3:30 p.m. at the Hawk Transition Center in Room 214. Build your LinkedIn profile. Connect with employers, develop a robust professional network and identify potential new career pathways. Additional time available after class for questions and lab work. To register, visit tinyurl.com/ybfff42r.

Brown Bag Mini Job Fair Wednesdays from 11:30 a.m. to 1:30 p.m. in Hawk Transition Center's lobby. Walk-ins are welcome. Employer registration is now required by emailing shenathan.d.burton2.civ@mail.mil and el.s.watson.civ@mail.mil.

WorkSource Veterans Service Orientation Briefings First and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. For more information, call 206-205-3500.

Apprenti Quarterly Orientation Thursday from 2 to 3:30 p.m. at the Hawk

Transition Center's auditorium. Join us for monthly orientations at the Hawk Transition Center to learn more about the first information technology apprenticeship — Apprenti, which places service members into companies such as Amazon, F5, Microsoft and others and provides training in database administration, project manager, network security administration, software developer and more. For more information, email Sasha Rayburn at srayburn@washingtontechnology.org or Rachel Roberts at rachelr@dva.wa.gov.

SFL-TAP Skills Development Thursday from 9 to 10 a.m. at the Hawk Transition Center in Room 217. Understand the importance of skills and skill sets; identify skills pertinent to their goals, identify how and when to use the information and identify skills pertinent to their employment or education. For more information, call 253-967-3258.

C2C Targeted Resume Thursday from 9 a.m. to 2:30 p.m. at the Hawk Transition Center in Room 214. Identify the difference between a master resume and a targeted resume, translate military skill sets and match skills and experiences to a job description. Most importantly, participants will create key results to show employers the value they bring to the job. This is not a basic resume class, so please have a basic resume already created. If you do not have one, you can use resumeeengine.org. Bring your resume and a job description for the job you want. Registration thru

and help you get the benefits and support you need. Save the date for an open house May 1. For more information, call 1-866-963-2538 or visit fb.com/SOS-WAState.

SCORE THE BEST DEALS ON TEXTBOOKS

The next college quarter starts soon. You don't have to break the bank on books; let Family and Morale, Welfare and Recreation's Bookstore inside Stone Education Center help you get your books for less. For more information, call the bookstore at 253-964-8185.

FREE BIKE RENTALS NOW AVAILABLE

The GO Bike program has expanded availability to include Department of Defense family members ages 18 and older. Now all DOD employees, their family members ages 18 and older and JBLM contract employees can check out a free GO Bike for up to two weeks. Use the bikes to run errands, get to appointments or spend some exercise time outside. Find the GO Bike check-out locations on GOLewisMC-Chord.com.

information, call 253-966-3939 or visit GOLewisMcChord.com.

MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network, sponsored by the Department of Defense, is designed to improve the process of securing available housing for relocating military families. Visit ahrn.com. Defense Travel Management Office consolidates, streamlines and centrally manages commercial travel. This single point of contact ensures consistency in the department's focus, policy

C2C at 253-967-0319.

Spotlight Events and Employer Hiring Check for employer spotlight events on social media at facebook.com/jblmunlimited for more information. Sign up at sfl-tap.army.mil or with your SFL-TAP Center at 253-967-3258/5599.

PAYROLL/ACCOUNTING CLERK IN SEATTLE

Global Diving and Salvage — Salary: DOQ. Global Diving and Salvage, Inc., the largest diving contractor on the west coast, is a leading provider of marine construction and infrastructure support services in the U.S. and an internationally-recognized casualty responder. Employee is responsible for assisting with the full life cycle payroll processing including preparing and distributing payroll and assisting AP/AR in timely payments of vendor invoices and expense vouchers and follow up inquiries. For more information, visit gddiving.com/about/employment.

WATER QUALITY DATA COORDINATOR IN LACEY

Washington State Department of Ecology — Salary: \$42,264 to \$55,476 annually. The Department of Ecology is recruiting for a water quality data coordinator at the headquarters building in Lacey. Seeking applicants with effective communication skills and who have experience with environmental field data collection, skills managing environmental data and recent experience working with GIS software. For more information, visit careers.wa.gov.

JOIN THE MONTHLY SCRAPBOOKING CLUB

If you're into scrapbooking and want to socialize with others, check out the monthly club. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6721/6718.

GET CREATIVE AT ARTS AND CRAFTS CENTER

Relax, de-stress and learn a new skill at the Arts and Crafts Center on McChord Field. Scheduled classes include sculpture, painting, drawing, book binding, knitting, sewing, quilting, Zentangle, matting/framing and more creative ideas. For current class descriptions and schedules, Visit jblmmwr.com/arts_crafts. For more information, call 253-982-6723.

SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service that allows you to sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and the base. For more information, call 253-966-7526 or visit tinyurl.com/gl5g3sq.

CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the Joint Base Lewis-McChord base Energy Program has launched the Energy Waste Hotline. The primary objective of this hotline is to collect information about day-burners, incandescent bulbs, damaged fixtures, steam leaks and nonfunctional thermostats, etc. If you notice any opportunity to reduce energy waste, call or text 253-219-2394. The goal of the hotline is to improve energy efficiency, eliminate energy waste and save money.

LEARN THE BASICS OF SOCIAL MEDIA

Do your kids, grandkids or friends wish you could join them online? Would you like to keep in touch with receive photos and messages more often? The Arts and Crafts Center offers a new social media class for beginners, on-demand, to teach you how to establish, use and maintain an email account and introduce you to use Facebook. The cost for the class is \$5. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6726/ 6718.

CLAIMS AGAINST THE ESTATE OF AIRMAN

Anyone with claims against Air Force Staff Sgt. Clinton P. Field, deceased March 13, or his estate, should contact the summary court officer, Maj. Matthew Onxley, 62nd Operations Support Squadron, at 253-982-1295.

FROM PAGE 1A

SOLDIER

formation technology and focus on cyber security, he said.

“When I commission, I plan to enter the cyberwarfare field which is a pretty new career field in the Army,” Denis said.

The competition to receive a Green to Gold Scholarship is high and it takes commitment

and dedication to earn the scholarship — both common concepts to Denis. From his humble life in Haiti, at the age of 16, Denis moved to the United States shortly after the natural disaster hit.

As a teenager, Denis struggled to speak English, because he wasn’t accustomed to the language.

“It wasn’t a language I spoke regularly in Haiti,” Denis said. “I knew some English but I

wasn’t as proficient as I am now.”

Despite the adversity, Denis took advantage of his bilingual skill, joining the Army through the Military Accessions Vital to the National Interest program.

“I enlisted under the MAVNI language program because I speak Creole,” Denis said. “I received my citizenship when I graduated (Basic Combat Training).”

Despite living in an earth-



Denis

quake-stricken country and immigrating to a country with an unfamiliar language, Denis continues forward down his path.

“It’s great to see a young Soldier like Specialist Denis, receive the Green to Gold (Scholarship),” said Sgt. 1st Class Sakpraneth Khim, Denis’ flight

platoon sergeant. “We always want our Soldiers to do better than us – he is a shining example of that.”

As a leader and a future officer, Denis plans to share advice to his peers and show what a good leader he can be.

“It just takes that self-start and knowing where you want to go,” Denis said. “You’ll never know, you might get there, you might not get there. If you don’t get there then try again.”

FROM PAGE 1A

EASTER

of children stampeded onto the field.

Each child grabbed colorful plastic eggs to fill the baskets they grasped tightly in their hands. Gloria Tomczewski, Family and MWR recreation specialist, said there were an estimated 3,000 children at the event and about 1,000 parents.

“It went very well — I think all the kids were very happy,” Tomczewski said.

Two costumed Easter bunny characters brought buckets of eggs to spread out on the field prior to each of the age-specific dashes.

Children and parents waited outside the roped-off area or wandered through vendor booths on the sidelines, until their age category was called.

Exceptional Family Member Program children and parents went first, providing an opportunity for kids needing a little help on the field to fill their baskets with ease.

Three-year-old Emberlynnne Taylor and her 23-month-old brother, Anthony, sat in a red wagon and watched with their mom, Emily Taylor, as the first group collected eggs. The 1- to 3-year-old group was scheduled next and the Taylor children could barely contain their excitement at participating in their first Easter egg hunt.

The family celebrated the holiday before their dad, Pfc. Anthony Taylor, 5th Battalion, 20th Infantry Regiment, 1st Brigade, 2nd Infantry Division, left on duty, Emily Taylor said.

“We love Easter,” Emberlynnne said, breaking out in a big smile.

“If I can get all the 1- to- 3



SCOTT HANSEN Northwest Guardian

Sisters Victoria, 8, and Danielle Aguilar, 4, of Roy, pose with the Easter Bunny during the annual JBLM Easter Dash on Lewis Main Saturday.

year olds to the starting line, behind these cones,” Helm announced, causing a flurry of small children to rush to the line. “We need to stomp our feet and let the Easter bunnies know we’re ready for them,”

Hundreds of children began to stomp loudly.

“There’s two of them,” 3-year-old Katherine Gordon said, as she pointed at the two big costumed rabbits carrying buckets of eggs onto the field.

Katherine bounced up and down atop the shoulders of her dad, Capt. James Gordon, Head-

quarters and Headquarters Company, 189th Combined Arms Training Brigade, who offered her a good view of the field.

Her sister, Victoria, 5, was a bit more reserved. She stood with her mom, Maria Gordon, as the children got ready for their turns to collect eggs.

“I really like getting candy,” Victoria said.

“I like really big eggs,” Katherine said, her eyes big as she watched other children fill baskets of colorful eggs.

The Gordon family partici-

pated in an Easter egg hunt last year at Fort Sill, Okla.

“This is a good family activity,” Maria said, of the Easter Dash.

Bethany Gomeztapia agreed, as she waited for her two older children’s age categories to be called. Her 2-year-old son, Julian, was already among the group of kids dashing for eggs.

“It’s a good time to be with family and celebrate Easter,” she said.

The Gomeztapia family is at Joint Base Lewis-McChord while dad, 1st Lt. Luis Gomeztapia, is

temporary duty assignment training at Fort Belvoir, Va.

The Gomeztapia children were having fun at the Easter Dash, but each said they especially enjoy celebrating the holiday for its meaning beyond filling their own baskets.

“I like the real meaning of Easter,” 9-year-old, Luis said. “Jesus died on the cross, and three days later an angel was next to his tomb and said Jesus wasn’t there because he (rose) up from the dead. That’s what Easter is all about. But, I like eggs and candy, too.”

FROM PAGE 1A

SERVICE

ican Red Cross — humanity, impartiality, neutrality, independence, voluntary service, unity and universality. A volunteer of the year award is also presented.

Rulon “Dean” Pace received the award for humanity. In addition to noting his 20 plus years of volunteer service, the presentation of his award fittingly mentioned the warmth and sense of humor he shares with all in the Madigan community.

James Dodson, who was recognized in the independence category, started his volunteer tenure with Madigan as it opened the doors to the “new” hospital in 1992.

As his presentation noted, when he does not immediately know the answer to a patient’s question, he will find it. He also believes that his day is done only when the last patient gets what they need.

Dodson commented that he does not give the many hours he



KIRSTIN GRACE-SIMONS Madigan Public Affairs

American Red Cross volunteer recognition honorees flanked by the Madigan Army Medical Center command team include, from left to right Col. Michael Place, commander, Christine Curren, Carl Johnson, Ruth Knasel, Dean Pace, James Dodson, Eddie Hamilton and Command Sgt. Maj. Mark Bivins March 28.

does for recognition or awards. Still, he appreciates that people notice what he does.

Both Pace and Dodson can be found helping patients day in and day out at Madigan’s information desk in the Medical Mall.

Carl Johnson, who received the award for neutrality, handles administrative duties in Madigan’s Red Cross office.

Janet Picatti-Baker was presented the universality award for her work with the Human Animal Bonding Program where she visits patients and staff in the hospital with service and companion dogs. Joining her for the award section of the luncheon were canines Cooper, a golden retriever, and Jax, a German shepherd.

Ruth Knasel, who volunteered

for 34 years in family medicine before retiring last fall, received special recognition and a standing ovation for her long service.

The other exceptional volunteer service awards went to Eddie Hamilton (impartiality), Jessie Bremer (unity) and Al Grieco (voluntary service). The volunteer of the year was awarded to Christine Curren. All of these volunteers give of their

time in areas all around JBLM.

One of the speakers at the event, Steven Greimann, chief development officer of the Northwest Region American Red Cross, noted the impressive generosity of spirit in the room.

“All in this room are in service,” Greimann said. “You are in service to each other, to your community, to your unit, to the country. I can’t imagine many other rooms like this.”

He went on to note the origins and character of the Red Cross.

“We were founded on the battlefield over 150 years ago by caring and compassionate people just like those of you here in this room,” Greimann said.

Colonel William Percival, JBLM deputy garrison commander and commander of the 627th Air Base Group, thanked the collected volunteers.

“I see this as a calling,” he said. “You’ve answered the call. And we are so grateful for that.”

Place echoed this gratitude, “You are tangible proof that America truly loves its Soldiers, Sailors and Airmen,” Place said.

FROM PAGE 1A

CLOSED

thoroughfare, it will share some of the commonalities. A major improvement is repaved road.

Weeks said there are only so many years pavement can be expected to last. This portion of Pendleton is known for some major cracks and pot holes near key offices like the Directorate of Emergency Services.

“We’ve far exceeded that life span of the pavement,” Weeks said. “For years and years, the pavement has been cracked and (is) old.”

New street lights and pedestrian crossings similar to the town center area will be created. The sidewalk will be continued on the north side of Pendleton, and lanes will be widened on North Seventh Street.

Concrete curbs and gutters will also be installed as part of having new bioswales along the



SCOTT HANSEN Northwest Guardian

When completed, Pendleton Avenue from 9th Division Street to North Division Street will reflect the 2013 boulevard concept.

roads for natural stormwater storage. Moving the existing utility and communication lines for both the new bioswales and the new sidewalks will be a challenge, Weeks said.

“We have to work with what

we’ve got inside our footprint,” he said. “We’ll still be able to do the bioswales, but we have to finesse them around the utilities.”

The portion between North Division and Seventh Street is

expected to be completed by May 22; although, construction projects timelines are always tentative. The second phase for the portion between Seventh and Eighth streets is expected to be done in early July.

Liggett Avenue, which runs parallel to Pendleton, will be the main detour for Pendleton traffic; however, commuters may notice construction going on in that area as well.

The shared parking lot that rests in front of Waller Hall and Grandstaff Library is being completely redone. The improvement project began in February, but is not expected to be completed until August.

Weeks said the longer timeline is because workers are starting from scratch after demolishing the older parking lot, which was necessary.

Similar to the Pendleton Avenue project, the new parking lot will have new pavement, curbs, sidewalks, bioswales and sufficient street lights. It’s just has

more square footage than an avenue does.

“It’s kind of like building a house,” Weeks said. “You can build the structure really fast, but you’re spending most of your time with the interior.”

Plus, buildings like Waller Hall need to stay open, so the entire lot can’t be done at one time.

Across the street, the parking lot at McVeigh Sports and Fitness Center is being torn up for new pavement. Weeks said DPW wasn’t originally planning to have all these projects being worked on simultaneously.

“The contracts were awarded (to contractors) on different years,” he said. “(It) just so happens with the way the weather works and coordinating, they all came at once,” Weeks said.

Dean Siemon: 253-477-0235, @deansiemon

Sports

2018 WOMEN'S FOOTBALL ALLIANCE

Trauma builds roster with military players

Team will open season Saturday with road game against Portland

BY DEAN SIEMON
Northwest Guardian

The Tacoma Trauma of the Women's Football Alliance began its sixth season Saturday on the road against the Portland Fighting Shockwave. It's a team that is still building through a constant rotation of military players coming and going. It has been par for the course for team founders and former players Jennifer and Brandi Ockenfels. Even with the season starting this weekend, they

consider their team a welcome environment for any woman, especially service members, veterans or family members, to join. "We're still taking players," said Brandi Ockenfels, a staff sergeant with the 66th Theater Aviation Command of the Army National Guard on Joint Base Lewis-McChord. "If it's too far into the season, we like to keep them around for next season." Jennifer Ockenfels, a former Army specialist who last served

with the 6250th U.S. Army Hospital at Madigan Army Medical Center on JBLM, helped form the Trauma after spending time playing with the Seattle Majestics. She said commuting from Tacoma to Seattle wore on her, as well as others who she worked with in creating a Tacoma team. Like many of the other women who have put on the Trauma black and blue uniform, Jennifer Ockenfels wasn't able to play football growing up in Owatonna, Minn. After the sixth grade, she was told she could no longer play.



DEAN SIEMON Northwest Guardian

Christina Blomberg, right, sheds a blocker during a Tacoma Trauma women's football practice at SERA Athletic Fields in Tacoma March 6.

SEE TRAUMA, 2B

JBLM CHILD AND YOUTH SERVICES



SCOTT HANSEN Northwest Guardian

Instructor Alex Diaz, left, works with Gideon Cunha, 4, on his shooting skills during a Child and Youth Services Start Smart Camp Tuesday.

SPORTS CAMP OFFERS JBLM KIDS THE BASICS

Three-day camp lets kids try various sports

BY DEAN SIEMON
Northwest Guardian

Every professional athlete had to start out somewhere in their youth. Even the best in each sport likely tried out different sports before they focused on one for the college or professional ranks. Joint Base Lewis-McChord's Child and Youth Services sports program hosted the Start Smart Sports Camp this week to provide the opportunity for youths to try out different sports. Children ages 3 and 4 had a sample class about soccer Monday, basketball Tuesday and baseball Wednesday. "It's more of an introduction to the organized sports," said Alex Diaz, an instructor for the camp. "I want to teach them the basic fundamentals and the routines."



Instructor Alex Diaz, right, talks with (from left) Gideon Cunha, 4, Jackson Toomy, 4, and Jaxson Lyons, 3, during a Child and Youth Services Start Smart Camp on Lewis Main Tuesday.

SEE SPORTS, 2B

ON THE SCHEDULE

ARMED FORCES KIDS' RUN SIGN-UP OPEN
Youth: The 2018 Armed Forces Kids' Run sign-up period is open through Saturday. Registration forms and drop-off boxes are available at Joint Base Lewis-McChord's Child and Youth Services Sports and at both commissary locations. The run is April 14 at 9 a.m. at Cowan Stadium on Lewis Main. Day-of registration opens at 8 a.m.

MONTHLY NO-TAP BOWLING TOURNAMENTS ON JBLM
Bowling: Bowl Arena Lanes on Lewis Main will host the Team No-Tap Saturday tournaments scheduled for April 14. Check-in opens at noon; play starts at 12:30 p.m. The next tournament is set to take place May 12. Sign up in advance at the front counter. For more information, call 253-967-4661.

LEARN TIPS, TRICKS AT KOKANEE FISHING CLINIC
Outdoor: Learn the tips and tricks to catching kokanee salmon on April 14 at 2 p.m. at the Russell Landing Marina on Lewis North. Participants will learn how to set up the line, trolling techniques and more. Space is limited; cost is \$10 per person with advanced registration. Cost is \$15 with lunch at the door. For more information, call 253-967-2510.

QUALIFIER FOR JBLM TEN-MILER TEAMS
Intramurals: Active-duty service members on Joint Base Lewis-McChord are invited to register for the Commander's Cup Ten-Miler Qualifier at Family and Morale, Welfare and Recreation's Fest Tent April 20 at 4:30 a.m. The race is scheduled to begin at 5:30 a.m. Registration is day-of only on site. Service members can collect points for units in 2018 Commander's Cup standings. For more information, call 253-967-9210.

BOWL FOR THE PRIZE AT NW MILITARY MASTERS
Bowling: Bowl Arena Lanes on Lewis Main is hosting the 12th annual Northwest Military Masters Bowling Tournament April 21. The tournament is open to service members, retirees, Department of Defense employees and spouses. Entrants must be U.S. Bowling Congress members. One in four bowlers wins cash with first place winning \$1,000, based on 36 entries. Entry is \$100. Forms are available at the front counter or online at jblmmwr.com. For more information, call 253-967-4661.

2018 DEPARTMENT OF DEFENSE WARRIOR GAMES

Service member prepares for upcoming Warrior Games

She earned four medals at trials

BY ANNETTE GOMES
Warrior Care Transition

ARLINGTON, Va. — Like a phoenix, Spc. Angel Euson is rising from the ashes and getting ready to face her next challenge at the 2018 Department of Defense Warrior Games, June 2 to 9 in Colorado Springs, Colo. She recently competed at the

2018 Army trials at Fort Bliss, Texas in which she won four gold medals in swimming, two in field and one in track. "I can't even count how many times I've wanted to give up," Euson said. "It's so difficult to not get caught up in any setbacks or failures, and there have been way too many to count. However, as cliché as it sounds, 'I don't give up' is the biggest motto I live by." Currently, Euson is looking to prove that motto as one of 40

athletes selected to represent Team Army at the Games. "I'm super excited to go to Colorado," she said. "This is such a great opportunity and I feel so blessed to have made the team." Her journey to the Warrior Games began when she entered the Warrior Transition Battalion at Joint Base Lewis-McChord to heal after being injured. The recovery time brought about



STAFF SGT. MELISSA PARRISH U.S. Army Pacific Public Affairs

Spc. Angela Euson, a combat medic with the JBLM Warrior Transition Battalion, competes at the Pacific Regional Warrior Game Trials in 2017.

SEE GAMES, 2B

FROM PAGE 1B

TRAUMA

Katrina Guerra, a fourth-year player for the Trauma, also wasn't able to play football while growing up in Florida. But since she moved to Washington, she's been able to start at defensive end and will also play quarterback for the second consecutive season.

Guerra said she's enjoyed her time on the gridiron.

"There's a small sense of freedom," Guerra said. "When you're young and restricted, you can't do the things you want to do."

Although the majority of the women on the team are either currently serving or have previously served in the military, Jennifer Ockenfels wants wives and daughters to come out as well. A big reason for the team attracting women from the military community is the camaraderie within the roster.

"They're looking for something that fits like a glove — that



DEAN SIEMON Northwest Guardian

'home away from home,'" Jennifer Ockenfels said.

Brittany Campbell, a sergeant

with the 2nd Assault Helicopter Battalion, 158th Aviation Regiment, 16th Combat Aviation

Brigade on JBLM, has embraced that camaraderie. She first attended the Trauma's camp in

Katrina Guerra winds up for a passing drill during a Tacoma Trauma women's football practice at SERA Athletic Fields in Tacoma March 6.

December and has since been preparing for her WFA rookie season.

While Campbell, who plans on playing on the defensive line and as a running back, has experience playing rugby at Miami (Ohio) University (2008 to 2012) and while stationed in South Korea (2014 to 2017), she did have to make some adjustments to the sport — tackling while wearing full pads compared to no pads in rugby.

It's also helped Campbell get some extra physical training, which her leadership appreciates.

"I have improved on my (Army Physical Fitness Test scores) just by coming out for practice three times a week," Campbell said.

The home opener is scheduled for April 14 at Mount Tahoma High School in Tacoma against the Everett Reign.

Women who are interested in joining the team this season should send an email to tacoma.womensfootball@gmail.com, or visit tacomawomensfootball.com.



SCOTT HANSEN Northwest Guardian

Instructor Alex Diaz, right, works with Gideon Cunha, 4, left, and Lawson Hunt, 3, on their passing skills during a Child and Youth Services Start Smart Camp on Lewis Main Tuesday.

FROM PAGE 1B

SPORTS

Some of the kids in the class have experience playing sports. Julie Lyons said her son, Jaxson, 3, started playing soccer last year. That love for soccer did show when he was kicking the basketball around the court Tuesday.

Lyons said they signed Jaxson up for the Start Smart Camp was for him to get a little more variety.

"He's so little, so we think it's best for him to try different things and see what he likes," Lyons said.

Rachael Cunha agrees when it comes to her son, Gideon, 4. They are also using the "try this" approach for different activities and sports.

"It's his interest," Cunha said. "He's seen kids play (sports) and he's watched movies like 'Space Jam.'"

Maureen Hunt and her husband, Lee, an Air Force lieutenant colonel with the 4th Airlift Squadron on McChord Field, played lacrosse when they attended Auburn University in Alabama. Hunt said they want their son, Lawson, 3, to eventually try the sport.

But there's nothing wrong with gauging his interest in something like basketball or soccer.



Jackson Toomy, 4, left, and Gideon Cunha, 4, race from one end of the gym to the other during a Child and Youth Services Start Smart Camp on Lewis Main Tuesday.

"Maybe he'll be a spring sport kid and a fall sport kid," Hunt said. "We just didn't want to

push anything hard on him."

The basic soccer fundamentals taught included passing,

dribbling, locating the ball and taking shots on goal. In basketball, Diaz had the kids learn how

"Fun and developing a passion go hand in hand for whatever sport they want to do."

Alex Diaz
Start Smart Camp instructor

to pass, shoot and did running drills.

Baseball fundamentals included fielding, hitting and throwing drills that mimic what is taught during the CYS baseball season. Diaz did allow for some extra fun with races and other little side games.

"For me, I love to have fun with them," Diaz said. "Fun and developing a passion go hand in hand for whatever sport they want to do."

The Start Smart Camp was held during Spring Break week, but Diaz said there will likely be another camp scheduled in December.

CYS also offers sports camps for ages 3- to 4-year-olds in conjunction with regular youth sports. Bumblebee Soccer is scheduled to begin Aug. 20 with enrollment starting May 1.

For more information about this and other camps, visit jblmcysregistration.com.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

GAMES

many changes for Euson including introducing her to

adaptive sports. The Florida native said that she has a passion for learning new things and adaptive sports fit the bill.

"I was overwhelmed with how many different activities there were," Euson said. "I never

thought I would have so many opportunities to try new things. I played sports my entire childhood all the way through high school, and now I'm actively involved in swimming, shooting and shot put. Adaptive sports

taught me to get outside of my comfort zone and try something new."

However, she said the biggest lesson she learned was off the field.

(Adaptive sports) are a

reminder of how far I've come in my recovery and how much stronger and happier I am now," Euson said. "The bonds formed and the support I've received from my teammates has been incredible."

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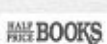
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Join us the second Wednesday of each month at
McChord Library for our book discussion group.
This month we'll be discussing
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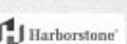


THE MARTIAN
ANDY WEIR

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Harborstone

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Harborstone

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253-982-3454



12th Annual
NW Military Masters
Bowling Tournament

Saturday, April 21

Check-in: 9 a.m.
Practice: 9:30 a.m.
Qualifying: 10 a.m.
Entry: \$100 Cash



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Harborstone



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St. Clare Hospital

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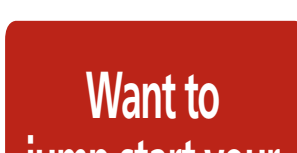


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SECTION C

ALSO INSIDE:

For more fun things to do,
see the JBLM calendar. 2C



COVER STORY

A SALUTE TO SERVICE

A preview of the Seattle
Mariners' annual Salute to
Armed Forces Night, 3C

FOR THE WEEK OF APRIL 6-12

6

McCHORD GRILL
11 a.m. to 1 p.m. Dine at the grill with a salad bar, soup of the day, pasta made to order, burgers and sandwiches with fries.

McCHORD PUB 4 to 8:30 p.m. Drop in to relax after work. Enjoy programs on four overhead TVs, and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks.

THE CLUB AT McCHORD FIELD
Make your Volksfest reservations now for April 26. \$21.95 for ages 11 and older, \$11.95 for ages 4 to 10 and free for ages 3 and younger. Club members save \$2. Call 253-982-5581.

7

WHISPERING FIRS AND EAGLES PRIDE
Enjoy Family Golf after 2 p.m. \$30 includes nine holes, cart, rental clubs, range balls and hot dog with soda.

SOUNDERS LANES
11 a.m. to midnight. Cosmic Blacklight Bowling 7 to 9 p.m. Two hours plus shoe rental for \$12.

8

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Open to the public. Come in for great meals, good brew and your favorite sports viewing.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30 to 10:30 a.m. Enjoy a traditional Sunday breakfast with a view.

9

WARRIOR ZONE DINING Warm brownie a la mode with chocolate sauce for \$4.50, New York cheesecake with caramel, chocolate or raspberry sauce for \$4.50. Ages 18 and older.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Chicken bacon ranch wrap for \$8.25.

HABAÑERO MEXICAN GRILL 7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Buy one lunch burrito and get the second half off.

BATTLE BEAN AT McCHORD FIELD 7 to 11 a.m. weekdays. Order breakfast with your made-to-order coffee.

10

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Enjoy burgers, wraps, salads, flatbreads, appetizers and 16 brews on tap.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Swedish meatballs over rice for \$8.25.

WARRIOR ZONE DINING Caprese burger or Reuben sandwich for \$7. Ask about our non-alcoholic drink specials to go with your meal: Arnold Palmer, sweet tea, lemonade and green tea frappuccino. Ages 18 and older.

BATTLE BEAN AT STONE EDUCATION CENTER 7:30 a.m. to 5 p.m. Take-away breakfast and lunch with a variety of pastries.

11

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 8 p.m. Spaghetti and meatballs for \$8.25.

WHISPERING FIRS HABAÑERO MEXICAN GRILL The hefty six-pound burrito challenge is back. Order between 11 a.m. and 2 p.m. If you can eat it in 45 minutes or less, it's on the house.

WARRIOR ZONE DINING Pickle fries with dipping sauce for \$3.50 and garlic cheese bread for \$3.95.

STRIKE ZONE AT BOWL ARENA LANES
All-you-can-eat pizza and bowling, 4:30 to 7 p.m. Reserve your lane by calling 253-967-4661.

12

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Open to the public. Half sandwich and house salad for \$7.95.

McCHORD GRILL
11 a.m. to 1 p.m. Dine at the grill with salad bar, soup of the day, burgers and sandwiches with fries.

WARRIOR ZONE DINING 10 a.m. to 11 p.m. 12-inch Margherita pizza for \$8.50; deluxe pizza for \$9.50. Ages 18 and older.

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 8 p.m. Jaeger schnitzel sandwich for \$8.25.

SAMUEL ADAMS BREWHOUSE JBLM
4 to 10 p.m. Shoot some pool and watch big-screen TV with dinner or appetizers.

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To see menus, visit JBLMmwr.com.

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A Wrinkle in Time (PG)

Saturday at 1 p.m.

Rampage (PG-13)

Saturday at 7 p.m.

A Wrinkle in Time (PG)

Sunday at 1 p.m.

Red Sparrow (R)

Sunday at 7 p.m.

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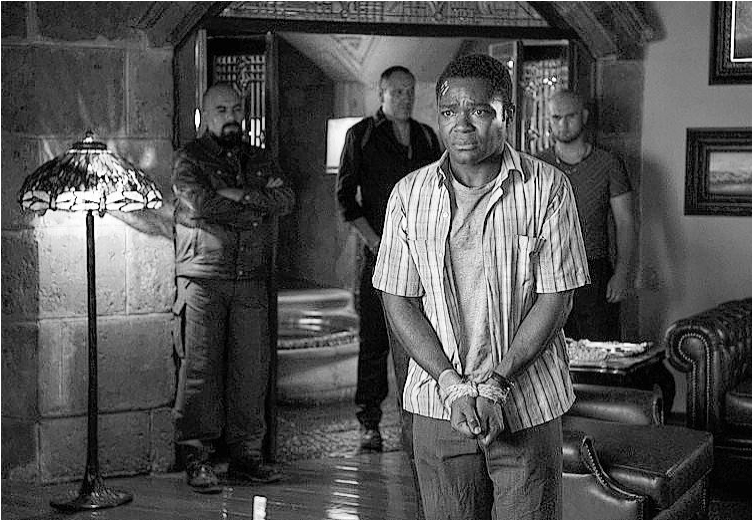
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Amazon Studios

David Oyelowo, Charlize Theron, Joel Edgerton, Amanda Seyfried and Thandie Newton star in the new Amazon Studios release, “Gringo.”



SCOTT HANSEN Northwest Guardian / 2015

Service members from all five branches of the U.S. military and the Washington National Guard will participate in 16th annual Salute to Armed Forces Night at Safeco Field April 14.

The Mariner Moose will be on hand to entertain fans during the 16th annual Salute to Armed Forces Night at Safeco Field in Seattle April 14.



SEATTLE MARINERS SALUTE TO ARMED FORCES NIGHT

IN HONOR OF SERVICE

BY DEAN SIEMON
Northwest Guardian

For the 16th consecutive season, the Seattle Mariners will host Salute to Armed Forces Night April 14 against the Oakland Athletics.

The game is scheduled to start at 6:10 p.m., but the pregame festivities will begin at 5:30 p.m. when service members and family members will be invited

onto the field to participate.

Rebecca Hale, director of public information for the Seattle Mariners, said it's important for the team to incorporate the local military in events during the baseball season.

"They are our neighbors," Hale said. "The bases are all around us in the Puget Sound area, and it's a very natural thing for us to do it."

During the pregame

ceremony, senior officials from the local military bases will receive a commemorative plaque on the field. Each local branch of the military will have a "service member of the year" participate in a special first-pitch ceremony.

Army, Air Force, Navy, Coast Guard, Marine Corps and the Washington National Guard will

SEE SALUTE, 7C

APRIL 6

YOGA CLASS SPECIALLY
DESIGNED FOR HIKERS

Hikers can commonly spend the entire day outdoors. They've been on Washington's sandy beaches, winding trails and beautiful views. They've also been hiking up, down, across and zigzagging along paths. This inevitably leads to tight calves, hamstrings, hips and quads. Join other outdoor recreators in a 60-minute yoga class away from the studio designed specifically for preparing the muscles to endure the adventures ahead this winter. Classes will be held at McChord Field's Adventures Unlimited at 6 p.m., surrounded by inspiring outdoor equipment. Minimum age: 12. Register at JBLMmwrRegistration.com. **\$17.**

APRIL 7

MONTHLY FREE TRAVEL
PHOTOGRAPHY SEMINAR

Join us for monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out how to use the camera gear in a few hours with experienced instructors. This introduction class will go over the basics of being a

photographer who travels around the world. Work with an avid traveler and international photographer on what it means to photograph outside of the local environment. Learn how experienced photographers respectfully capture the faces of people they interact with, perfectly shoot the scenic moments that make the experience special and even learn how to care for the camera equipment while traveling. No equipment necessary. Class is at 11 a.m. at McChord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **Free.**

AN INTRODUCTION TO
MOUNTAIN BIKING

Experience the thrill of mountain biking. The class will start by addressing proper bike fit and making any necessary adjustments to each participant's bike. Next, guides will demonstrate riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles on the trail. They'll also go over important communication skills and mountain biking trail etiquette with the aim of keeping multi-use trails open and safe for everyone. Minimum age: 14; children younger than 18 must be

accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. Register at JBLMmwrRegistration.com. **\$35.**

APRIL 7-8

JBLM BASIC ALPINE
CLIMBING FIELD COURSE

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of the Northwest Adventure Center's basic-level climbs and is a stepping stone to more technically difficult mountains, including Denali. This course is an overnight in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

APRIL 8

AN INTRODUCTION TO
PHOTOGRAPHY SESSION

This is the perfect training session for anyone looking to learn the fundamentals of photography.

Whether someone is a new photographer needing to learn the basics or a seasoned shooter wanting to brush up on the world of digital, this class puts



JBLM Outdoor Recreation / 2016

JBLM Outdoor Recreation will host a whale watching trip April 14 for a chance to see various types of whales.

all students on firm ground for advancing their photography.

Learn the basic principles of photography including:

- Camera settings: Learn the settings and get the camera set up right.
- Depth of field: What it is and how to use it to make better photos.
- Exposure: Get it right in the field without any fuss.
- Focus: Learn how focus is

affected and how to take control of it.

● Composition: Explore the rules and learn when to break them.

Minimum age: 12; children younger than 18 must be accompanied by an adult.

Depart from the Northwest Adventure Center at Lewis North at 9 a.m.

Register at JBLMmwrRegistration.com. **\$45.**

APRIL 14

CHANCE TO WATCH
WHALES IN PACIFIC NW

The early spring provides one of the best whale watching opportunities in Washington. The Pacific Northwest is home to a vast array of wildlife.

The diverse ecosystems range from the mountain ranges to the numerous island and waterways to the open ocean.

The Pacific Northwest is home to bears, elk, mountain lions, eagles, salmon, giant Pacific octopus, whales and more.

The highlight for most visitors is the resident and transient orcas, humpback whales, minke whales and gray whales.

Depart from the Northwest Adventure Center at Lewis North at 7 a.m. and McChord Field's Adventures Unlimited at 7:15 a.m.

Preregistration is required by April 11 at noon. Register at JBLMmwrRegistration.com.

\$80; \$60 for ages 3 to 17; **\$25** for ages 2 and younger.

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EVENTS
COMMUNITY

Puyallup Gem Faire Noon to 6 p.m. April 6, 10 a.m. to 6 p.m. April 7, 10 a.m. to 5 p.m. April 8. Fine jewelry, precious and semi-precious gemstones, millions of beads, crystals, gold and silver, minerals and more at manufacturer's prices and over 70 exhibitors from around the world. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$7 weekend pass. 503-252-8300, gemfaire.com.

Rod and Custom Car Show 10 a.m. to 3 p.m. April 7. Harmon Brewery and Restaurant, 1938 Pacific Ave., Tacoma. Free to public, \$30 to enter car. 253-377-2525, harmonbrewingco.com.

Jurassic Tour 10 a.m. to 9 p.m. April 7, 10 a.m. to 7 p.m. April 8. Featuring more than 50 moving, breathing and walking dinosaurs. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$23 to \$28. jurassictour.com.

Monster Energy AMA Supercross Noon to 10 p.m. April 7. CenturyLink Field, 800 Occidental Ave. S., Seattle. \$20-\$125. 206-381-7848, supercross-live.com/events/seattle-wa.

Tacoma Wined Up 5 to 9 p.m. April 7. Spend an evening tasting more than 20 Northwest wines, spirits, and ciders. There also will be food vendors, artisan vendors, and a silent auction to benefit the Broadway Center's Arts Education programs. Tacoma Armory, 715 S. 11th St., Tacoma. VIP Tickets: \$60; \$40; Designated Driver Tickets: \$12. 253-591-5894, broadwaycenter.org.

ARTS AND MUSIC

With a Loving Eye: The Photographs of Jini Dellaccio 10 a.m. to 5 p.m. Tuesdays through Saturdays, 1 to 5 p.m. Sundays, through April 29. Harbor History Museum, 4121 Harborview Drive, Gig Harbor. Inaugural exhibit of the museum's new Traveling Exhibition program. harborhistorymuseum.org.

Kittredge Gallery: Michael Johnson Sculpture 10 a.m. to 5 p.m. Monday through Friday, noon to 5 p.m. Saturday, through April 14. Closing reception 5 to 7 p.m. April 13.

Steilacoom Fireside Gallery Guest Artist Series 9 a.m. to 7:30 p.m. Mondays through Thursdays, 9 a.m. 4:30 p.m. Fridays, through April 30. Features artists Donna Graham and Elaine Fister

Erickson, both of Pacific Gallery Artists. Steilacoom Community Center, 2301 S. Worthington St., Steilacoom. Free.

The Gallery at Tacoma Community College: Works by Rick Mahaffey 10 a.m. to 5 p.m. Mondays through Fridays, through May 4. Artist reception 4 to 6 p.m. April 19. Gallery talk 12:30 p.m. April 27. Tacoma Community College, South 12th Street between Pearl and Mildred streets. 253-460-4306.

GROUPS

Square Pegs Adult Autism Support Group 6 to 8 p.m. First and third Wednesdays. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. Ongoing discussion group. Free. 206-696-5794, meetup.com/Squarepegs.

Memory (Alzheimer's) Cafe 3 to 4:30 p.m. Fourth Wednesday. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. A regular gathering of individuals with memory loss and their caregivers for a meal, conversation and entertainment. 253-722-5691, lcsnw.org.

ONGOING

Black Hills Audubon Society Bird Walk 8 a.m. to noon Wednesdays. Nisqually National Wildlife Refuge, 100 Brown Farm Road, Olympia. Phil Kelley leads a bird walk. \$3 parking fee.

VOLKSSPORT/WALK

Daffodil Valley Volkssport 9:45 a.m. Wednesday. Willapa Trail in Chehalis Walk. Holiday Inn, 730 NW Liberty Place, Chehalis. This is an out-and-back route rated 1A. Everyone must register before the walk. For more info go to meetup.com/south-sound-walkers. Free. 253-845-6592, daffodilvalley-volkssport.com.

Capitol Volkssport Club 9 a.m. Thursday. University Place Walk. Safeway, 3842 Bridgeport Way, University Place. Meet at 9 a.m. at the Martin Way Park and Ride to carpool or at 9:45 a.m. at Safeway. 10K walk with 5K or 12K option, rated moderately easy. Free. capitolvolkssportclub.org.

WORKSHOPS

Beginner Square Dancing Lessons 7 to 9 p.m. Thursdays. Sumner VFW Hall, 1705 Willow St., Sumner. Weekly lessons take individuals of all ages step by step from simple moves to all you need to know to dance

mainstream. No partner or previous knowledge necessary. Beginners are paired with more experienced dancers in a fun welcoming atmosphere. \$5. 360-463-8532, squaredance-rainier.org/classes.

Tacoma Women's Sailing Association's Spring Sailing Classes Tuesdays starting April 10. On the water training for six weeks. Sign up by calling Nini Tayet, 253-686-3307 or Rod, 253-686-3282.

NIGHTLIFE

FRIDAY

Magic with Cary Durgin 6 p.m. Stonegate Restaurant Bar and Grill 5421 South Tacoma Way. 253-473-2255.

Open Mic Night 6 to 10 p.m. Urban Timber Coffee 6621 166th Ave. E., Sumner. All ages, family friendly. 253-826-3936.

Limberlost, Late September Dogs and What Thou Wilt 8 p.m. Louie G's 5219 Pacific Highway E., Fife. \$12. 253-926-9700.

Mitch Fatel 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedy-club.com.

Oncore 9 p.m. and Saturday. Emerald Queen I-5 Nightclub 2024 E. 29th St., Tacoma. 253-594-7777.

Chapter 5 9 p.m. and Saturday. Great American Casino 10117 South Tacoma Way, Lakewood. 253-396-0500.

Da Roots Reggae Party: Na Drua 9 p.m. Jazzbones 2803 Sixth Ave., Tacoma. \$20-\$24. 253-396-9169.

Kryboys 9 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

SATURDAY

Gray Skies Blues Festival 1 to 11:30 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

Alki Jones 8 p.m. The Spar 2121 N. 30th St., Tacoma. 253-627-8215.

Stoned Evergreen Travelers, James Hunnicut, Blood Fire and Rainwater, Nicole Pike, Carrion Crows, Truck Bed Boys and Dog Bite Harris 8 p.m. The Valley Pub 1206 Puyallup Ave., Tacoma. 253-248-4265.

Thunders of Wrath, Primary Pulse, Dain Norman and Luke Stanton Band 8 p.m. Louie G's 5219 Pacific Highway E., Fife. \$10. 253-926-9700.

Moses Storm 8 and 10:30 p.m.

and 8 p.m. Sunday. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedyclub.com.

Live music featuring blues, brews and barbecue 8 p.m., Uncle Thurm's Finger Lickin' Ribs & Chicken 3709 S. G St., Tacoma. 253-475-1881.

Keith Sweat 8:30 p.m. Emerald Queen Showroom, 2024 E. 29th St., Tacoma. \$30 to \$75. 253-594-7777.

Stop Light Party: DJ Reign 9 p.m. Jazzbones 2803 Sixth Ave.,

Tacoma. 253-396-9169.

SUNDAY

Country Roadhouse Jam with Dave Nichols 8 p.m. Stonegate Restaurant Bar and Grill 5421 South Tacoma Way. 253-473-2255.

Tim Hall Band 8 p.m., Dawson's Bar and Grill 5443 South Tacoma Way, Tacoma. 253-476-1421.

MONDAY

Open Mic with Chuck Gay

7 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

Rockaroake with a live band 10 p.m., Jazzbones 2803 Sixth Ave., Tacoma. 253-396-9169.

TUESDAY

New Talent Tuesdays 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

Blues Jam with Roger Williamson 8 p.m. Stonegate Restaurant Bar and Grill 5421 South Tacoma Way. 253-473-2255.

ON SALE THIS WEEK

KENNY "BABYFACE" EDMONDS June 24. Emerald Queen Casino, Tacoma. Tickets go on sale Friday.

COUNTING CROWS June 29. White River Amphitheatre, Auburn. Tickets go on sale Friday.

LUKE BRYAN Oct. 12. White River Amphitheatre, Auburn. Tickets go on sale Friday.

NATIONAL GEOGRAPHIC: SYMPHONY FOR OUR WORLD Dec. 1. The Paramount Theatre, Seattle. Tickets go on sale Friday.

A CONVERSATION WITH BILL CLINTON June 20. McCaw Hall, Seattle. Tickets go on sale Friday.

ALREADY ON SALE

KEITH SWEAT 8:30 p.m. Saturday. Emerald Queen Casino, Tacoma.

MONSTER ENERGY AMA SUPERCROSS 6:30 p.m. Saturday. CenturyLink Field, Seattle.

BILL MAHER 8 p.m. April 14. Paramount Theatre, Seattle.

PBR TOUR April 14-15. Tacoma Dome, Tacoma.

JUDAS PRIEST: FIREPOWER 2018 NORTH AMERICAN TOUR April 15. ShoWare Center, Kent.

ALVIN AILEY AMERICAN DANCE THEATER 8 p.m. April 27 and 28; 2 p.m. April 29. Paramount Theatre, Seattle.

CASPAR BABYPANTS 10:30 a.m. April 28. Neptune Theatre, Seattle.

KHALID: THE ROXY TOUR May 3. WaMu Theater, Seattle.

KENDRICK LAMAR 7:30 p.m. May 5. White River Amphitheatre, Auburn.

LITTLE BIG SHOW NO. 21: NADA SURF, CELEBRATING THE 15TH ANNIVERSARY OF LET GO 8 p.m. May 9. Neptune Theatre, Seattle.

SEVEN LIONS: CHRONICLES 6 p.m. May 12. WaMu Theater, Seattle.

ANDREW LLOYD WEBBER'S "LOVE NEVER DIES" 2 and 8 p.m. May 12. Paramount Theatre, Seattle.

PINK: BEAUTIFUL TRAUMA WORLD TOUR 7:30 p.m. May 13. KeyArena, Seattle.

DAVID BLAINE 8 p.m. May 16. Paramount Theatre, Seattle.

PAUL SIMON HOMEWARD BOUND FAREWELL TOUR 8 p.m. May 18. KeyArena, Seattle.

KOOL AND THE GANG 8:30 p.m. May 19. Emerald Queen



MARK TERRILL The Associated Press

Counting Crows is scheduled to perform at the White River Amphitheatre in Auburn June 29. Tickets are on sale now.

Casino, Tacoma.

CHRIS YOUNG: LOSING SLEEP WORLD TOUR 2018 7:30 p.m. May 19. Tacoma Dome.

STARS ON ICE 7:30 p.m. May 20. KeyArena, Seattle.

WEIRD AL YANKOVIC: ILL ADVISED TOUR 8 p.m. May 20. The Moore Theater, Seattle.

SASQUATCH MUSIC FESTIVAL 3 p.m. May 25-27. The Gorge Amphitheatre, George.

MAROON 5 7:30 p.m. May 30. Tacoma Dome, Tacoma.

THIRD DAY - FAREWELL TOUR 7:30 p.m. May 31. Moore Theatre, Seattle.

CELTIC WOMAN: HOME-COMING TOUR 7:30 p.m. June 2. Paramount Theatre, Seattle.

NATALIA LAFOURCADE 8 p.m. June 2. Neptune Theatre, Seattle.

BRIAN MCKNIGHT 8:30 p.m. June 2. Emerald Queen Casino, Tacoma.

JAMES TAYLOR AND BONNIE RAITT 7:30 p.m. June 6. KeyArena, Seattle.

"LES MISERABLES" Opening June 7. The Paramount Theatre, Seattle.

LISA LAMPANELLI 8 p.m. June 8. Neptune Theatre, Seattle.

KEVIN HART IRRESPONSIB-

LE TOUR 7 p.m. June 14. KeyArena, Seattle.

DANE COOK 8:30 p.m. June 16. Emerald Queen Casino, Tacoma.

CHRIS BROWN HEART-BREAK ON A FULL MOON TOUR 7 p.m. June 19. White River Amphitheatre, Auburn.

KINGS OF LEON 7 p.m. June 22. The Gorge Amphitheatre, George.

JIMMY BUFFETT AND THE CORAL REEFER BAND 8 p.m. June 23. KeyArena, Seattle.

ANDREA BOCELLI IN CONCERT WITH THE SEATTLE SYMPHONY 7:30 p.m. June 24. KeyArena, Seattle.

DEAD AND COMPANY SUMMER TOUR 7 p.m. June 29. Gorge Amphitheatre, George.

KENNY CHESNEY: TRIP AROUND THE SUN TOUR 4 p.m. July 7. CenturyLink Field, Seattle.

LOGIC WITH NF: "THE BOBBY TARANTINO VS. EVERYBODY TOUR" 7 p.m. July 13. White River Amphitheatre, Auburn.

TIM MCGRAW AND FAITH HILL SOUL2SOUL WORLD TOUR 2018 7:30 p.m. July 13. KeyArena, Seattle.

BILL BURR 7 p.m. July 15.

Paramount Theatre, Seattle.

PENTATONIX 8:30 p.m. July 15. White River Amphitheatre, Auburn.

G-EAZY 6:30 p.m. July 20. White River Amphitheatre, Auburn.

PHISH 7:30 p.m. July 20-22. The Gorge Amphitheatre, George.

CHRIS STAPLETON "ALL AMERICAN ROAD SHOW" 7 p.m. July 21. White River Amphitheatre, Auburn.

FOREIGNER - JUKE BOX HEROES TOUR 7 p.m. July 27. White River Amphitheatre, Auburn.

JACKSON BROWNE 7:30 p.m. July 27. Chateau Ste. Michelle Winery, Woodinville.

ZZ TOP: TONNAGE TOUR 7 p.m. July 30. Chateau Ste. Michelle Winery, Woodinville.

NIAL HAN: FLICKER WORLD TOUR 7 p.m. Aug. 2. White River Amphitheatre, Auburn.

WEEZER AND PIXIES 7:30 p.m. Aug. 4. White River Amphitheatre, Auburn.

PEARL JAM 7:30 p.m. Aug. 8 and 10. Safeco Field, Seattle.

PANIC AT THE DISCO: PRAY FOR THE WICKER TOUR 7 p.m. Aug. 10. KeyArena, Seattle.

DARYL HALL AND JOHN OATES WITH TRAIN 6 p.m. Aug. 11. KeyArena, Seattle.

JACK WHITE 8 p.m. Aug. 13. WaMu Theater, Seattle.

LADY ANTEBELLUM AND DARIUS RUCKER 7 p.m. Aug. 19. White River Amphitheatre, Auburn.

SMASHING PUMPKINS SHINY AND OH SO BRIGHT NORTH AMERICAN TOUR 7 p.m. Aug. 24. KeyArena, Seattle.

STEVE MILLER BAND WITH PETER FRAMPTON 6:30 p.m. Aug. 25. Chateau Ste. Michelle Winery, Woodinville.

ED SHEERAN: 2018 NORTH AMERICAN TOUR 7 p.m. Aug. 25. CenturyLink Field, Seattle.

ZAC BROWN BAND: DOWN THE RABBIT HOLE LIVE 7 p.m. Aug. 31. Safeco Field, Seattle.

DAVE MATTHEWS BAND Aug. 31-Sept. 2. Gorge Amphitheatre, George.

ROD STEWART, WITH SPECIAL GUEST CYNDI LAUPER 7:30 p.m. Sept. 1. White River Amphitheatre, Auburn.

GAME OF THRONES LIVE CONCERT EXPERIENCE Sept. 6. Key Arena, Seattle.

FOO FIGHTERS: CONCRETE AND GOLD TOUR Sept. 1. Safeco Field, Seattle.

EVANSCE AND LINDSEY STIRLING 7 p.m. Sept. 7. White River Amphitheatre, Auburn.

SAM SMITH: THE THRILL OF IT ALL TOUR 8 p.m. Sept. 8. KeyArena, Seattle.

WRANGLER PRO RODEO TOUR FINALE Sept. 8-9. Washington State Fair, Puyallup.

RAIN: A TRIBUTE TO THE BEATLES 7:30 p.m. Sept. 10. Washington State Fair, Puyallup.

LUCIUS: AN INTIMATE, ACOUSTIC PERFORMANCE 8 p.m. Sept. 12. Moore Theatre, Seattle.

BOY GEORGE AND CULTURE CLUB 7:30 p.m. Sept. 13. Washington State Fair, Puyallup.

TERRY FATOR 7:30 p.m. Sept. 14. Washington State Fair, Puyallup.

LEON BRIDGES: GOOD THING TOUR 8 p.m. Sept. 14. WaMu Theater, Seattle.

THE AVETT BROTHERS AND THE HEAD AND THE HEART 5 p.m. Sept. 15. Gorge Amphitheatre, George.

NEED TO BREATHE: FOREVER ON YOUR SIDE TOUR 7 p.m. Sept. 15. WaMu Theater, Seattle.

TOBY KEITH WITH NED LEDOUX 7:30 p.m. Sept. 15. Washington State Fair, Puyallup.

LAUREN DAIGLE WITH ZACH WILLIAMS 7:30 p.m. Sept. 17. Washington State Fair, Puyallup.

BRETT ELDRIDGE WITH RUNAWAY JUNE AND DEVIN DAWSON 7:30 p.m. Sept. 20. Washington State Fair, Puyallup.

MACKLEMORE 7:30 p.m. Sept. 21. Washington State Fair, Puyallup.

GABRIEL "FLUFFY" IGLESIAS 7:30 p.m. Sept. 22. Washington State Fair, Puyallup.

RASCAL FLATS 7:30 p.m. Sept. 23. Washington State Fair, Puyallup.

CHILDISH GAMBINO WITH RAE SREMMURD 6:30 p.m. Sept. 29. KeyArena, Seattle.

JOURNEY AND DEF LEPPARD 7 p.m. Sept. 29. Gorge Amphitheatre, George.

JAY-Z AND BEYONCE 7:30 p.m. Oct. 4. Century Link Field, Seattle.

COURTNEY BARNETT: TELL ME HOW YOU REALLY FEEL 7:30 p.m. Oct. 8. The Paramount Theatre, Seattle.

CELTIC THUNDER X TOUR 7:30 p.m. Nov. 5. The Paramount Theatre, Seattle.

JUSTIN TIMBERLAKE: THE MAN OF THE WOODS 7:30 p.m. Nov. 12. Tacoma Dome.

PENN AND TELLER 8 p.m. Nov. 30. Paramount Theatre, Seattle.

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Two house pastas with house sauce dishes for **\$16.99**
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SCOTT HANSEN Northwest Guardian / 2015

Service members will meet members of the Seattle Mariners and Oakland Athletics during Salute to Armed Forces Night at Safeco Field April 14.

FROM PAGE 3C

SALUTE

be represented.

"It's a very nice moment for us to be able to honor the outstanding service men and women who were chosen by their peers," Hale said.

Air Force Reservist Tech. Sgt. Freddy Garza will sing the national anthem while a joint-service honor guard will present the colors.

Hale also said local Gold

Star Families will help hold a giant U.S. flag in centerfield for the national anthem.

Nine local veterans from the Wounded Warrior Project will be named honorary Mariners and take the field at different positions. They will then be joined by the starting players for that game, who will sign baseballs for the veterans.

"It's another way we can connect them to the ceremony and the Mariners organization," Hale said.

There will be special

ticket prices for service members, veterans, and family members — \$13 for each view level seat, \$28 for main level and \$46 for club level.

These prices can be secured by going to mlb.com/mariners/tickets/military and using the promo code, "MILITARY."

Fans who purchase the military tickets will also receive a special Salute to Armed Forces Night commemorative coin. Special prices for groups of 20 or more people are available;

call Elizabeth McCloskey at 206-346-4519.

The Mariners also have other military-themed benefits throughout the entire 2018 season. Members of the military — active, retired, reserve and veteran — can receive 10 percent off select main, terrace and view level seats for all remaining games through EQC Military Specials.

A valid military ID is required for using the special for up to four tickets. Tickets can be purchased at Safeco Field,

one of the Mariners' team stores or online through the GovX link at mariners.com/military.

The Mariners will continue its Salute to Those Who Serve program where service members are recognized at each Friday and Sunday home games. Each honoree receives four tickets and a parking pass to the game.

"Twenty-six games will be on Fridays and Sundays, so that's a lot of folks who we'll want to plug into our system," Hale said.

Any veteran, active-duty or reserve component service member can be nominated through the Mariners' website.

The Mariners will host military re-enlistments on the field before a game. Interested parties can contact Ted Frisk at 206-346-4246 or email TFrisk@mariners.com.

"We've been doing them for as long as the ballpark has been open (20 years)," Hale said. "It doesn't take very much energy on our part, but we know it can make a very special moment for them."

BLUE MOUSE THEATRE
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PETER RABBIT
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Sat & Sun Matinee at 4:15 pm
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THE GRAND CINEMA
606 S Fawcett Ave
GRANDCINEMA.COM
253-593-4474

Isle of Dogs (PG-13)

Fri-Sun: 11:30 AM, 12:30, 1:50, 2:50, 4:10, 5:10, 6:40, 7:40, 9:00
Mon: 1:50, 2:50, 4:10, 5:10, 6:40, 7:40, 9:00
Tue: 1:50, 4:10, 5:10, 6:40, 7:40, 9:00
Wed: 1:50, 2:50, 4:10, 5:10, 7:40, 9:00
Thu: 1:50, 2:50, 4:10, 5:10, 6:40, 7:40, 9:00

The Leisure Seeker (R)

Fri-Tue: 1:15, 3:50, 6:30, 9:10
Wed-Thu: 1:15, 3:50, 9:10

The Death of Stalin (R)

Fri-Mon: 1:00, 3:30, 6:00, 8:40
Tue: 1:00, 3:30, 8:40
Wed-Thu: 1:00, 3:30, 6:00, 8:40

The Cured (R)

WEIRD ELEPHANT SERIES
Sat: 11:00 PM

The Insult (R)

TUESDAY FILM SERIES
Tue: 2:00, 6:00

Wolf Warrior II (NR)

SISTER CITIES FILM FEST
Thu: 6:30

Now serving local beer & wine daily!
Tacoma's only nonprofit movie theater.

FROM PAGE 4C OUT

Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. This trip provides all the gear someone would need to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16; children younger than 18 must be accompanied by an adult. All participants must be intermediate skiers. Due to weather, location is subject to change for safety. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

APRIL 15 FREE SEMINAR ON 'LEAVE NO TRACE' PRINCIPLES

Join instructors from JBLM Outdoor Recreation for monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out how to use outdoor gear in a few hours with expert instructors. At this seminar, discuss the "Leave No Trace" principles. The future of wilderness camping, hikes and other sustainable outdoor recreation depends on more people adopting what's known as "Leave No Trace" principles. The instructors will discuss the seven principles to provide a framework for outdoor recreation decision-making. No equipment necessary. This class takes place at 11 a.m. at McChord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **Free.**

APRIL 17 TWO-HOUR SEA KAYAK SKILLS CLASS

Instructors from JBLM Outdoor Recreation offer five levels of the two-hour kayak skills class. Participants can start at any time and master as many of the five levels as they would like.

- Level 1: Proper paddling techniques and how to buddy rescue.
- Level 2: Edging maneuvers and self-rescue.
- Level 3: Recovery

techniques and muscle memory exercises for the roll.

- Level 4: Multi-day kayak trip prep and T-rescue.
- Level 5: Learning the kayak roll.

After the fifth level, continue to perfect the roll. Minimum age: 12; children younger than 18 must be accompanied by an adult. Meet at Kimbro Pool at 7:30 p.m. Register at JBLMmwrRegistration.com. **\$35.**

APRIL 21-22 BASIC ALPINE CLIMBING COURSE AT CASCADES

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of JBLM Outdoor Recreation's basic-level climbs and is a stepping stone to more technically-difficult mountains, including Denali.

This is the second half of the Basic Alpine Course classroom portion. This course is an overnight trip in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

JUNE 4-26 PLAN YOUR DENALI CLIMBING EXPEDITION

Formerly known as Mount McKinley in Alaska, the highest mountain in North America has been the goal of aspiring high-altitude climbers since it was first climbed in 1913. Its reputation as a highly coveted summit derives from its location near the Arctic Circle and the Pacific Ocean (Gulf of Alaska) giving it some of the most ferocious weather in the world.

Because of its notorious weather and ease of access, some climbers use Denali as a training ground for climbing the 8,000 meter peaks of the Himalaya and for extended expeditions in the Arctic or Antarctic. For the peak baggers, Denali is the highpoint of the Denali Borough, the state of Alaska, the United States, the Alaska Range and all of North America.

No peak in the world has greater relief. Denali rises 17,000 feet above its surrounding plain; Kilimanjaro is 14,000 feet and Everest is 13,000 feet.

Prospective climbers should be competent on steep snow/ice slopes and exposed traverses. Register at JBLMmwrRegistration.com. **\$5,000.**

MARCH 30-APRIL 22 • FRI & SAT 8PM • SUN 2PM

Lakewood Playhouse

PETER AND THE STARCATCHER

5729 Lakewood Towne Center BLVD SW Lakewood, WA 98496
Peter and the Starcatcher playfully explores the depth of greed and despair... and the bonds of friendship, duty, and love. **LAKEWOOD: Shop, Eat, Play, Stay!**
Ticket Info: Full Price \$26. Seniors/Military \$23. Student/Educators \$20. 253-588-1142 or online www.lakewoodplayhouse.org

APR 6-29 • FRI & SAT 7:30PM • SUN 2PM • SAT, APRIL 21 & 28 2PM

Tacoma Musical Playhouse

CATCH ME IF YOU CAN

7116 6th Avenue Tacoma, WA 98406
Based on the hit film starring Leonardo DiCaprio, and incredible true story, **Catch Me If You Can** is the high-flying musical comedy about chasing your dreams and not getting caught.
Ticket Info: Adult: \$31 Senior (60+), Military, Students: \$29 Children: \$22 Groups of 10 or more: \$27 All seating is reserved.



MONDAY, APRIL 9 6:30PM

Tacoma Historical Society

A CENTURY AND MORE OF TACOMA HISTORY

Wyatt 109, University of Puget Sound
Please join Tacoma Historical Society for our anniversary meeting, with presentations of the Society's Murray Award and Alan C. Liddle Award. Our featured speaker will be Alma Marush, with her presentation "A Century and More of Tacoma History."
Ticket Info: Free, no ticket required; contact (253) 472-3788 for questions.

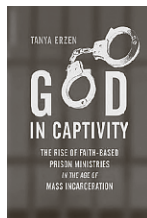
TUESDAY APRIL 10 7PM

Immanuel Presbyterian Church

BOOK EVENT: TANYA ERZETH

901 N J Street, Tacoma WA 98403
Tanya Erzeth will be at Immanuel talking about her book *God in Captivity*, an eye-opening account of how and why evangelical Christian ministries are flourishing in prisons across the United States.

Ticket Info: Free. 253.627.8371 iptacoma.org



artix

FRIDAY, APRIL 13 7PM

University of Puget Sound

UPRIGHT CITIZENS BRIGADE TOURING CO.



Blue Mouse Theater, 2611 N Proctor, Tacoma

An evening of hilarious improv with Dan Lippert, Oscar Montoya, Rose O'Shea and Beth Appel - The Upright Citizens Brigade Touring Company. "The Unofficial Farm Team for Saturday Night Live and every sitcom on TV" - *New York Magazine* with "Ubiquitous They".

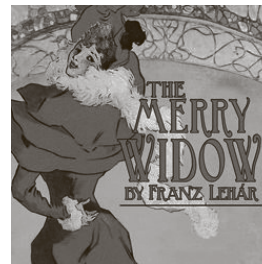
Ticket Info: \$6 tickets at the UPS Information Center, tickets.pugetsound.edu and at the door.

APRIL 14 & 20, 7:30PM • APRIL 22, 2PM

Tacoma Opera presents

THE MERRY WIDOW

By Franz Lehár



Rialto Theater

Don't miss the intrigue and romance of Tacoma Opera's last production of the 50th anniversary season, **The Merry Widow**.

Ticket Info: \$25 - \$90. Box Office: 253-591-5894 For tickets & info visit tacomaopera.com.



SATURDAY, APRIL 28 7:30PM

Tacoma Concert Band presents

CELEBRATION HONORING ROBERT MUSSER



Pantages Theater downtown Tacoma
Concert Band presents its final concert of the 2017-2018 season, a Celebration Honoring the Retirement of Robert Musser. Bob is retiring after leading the band which he founded 38 years ago. This concert will be a tribute to Bob and a celebration of his outstanding service to the Puget Sound Community.

Ticket Info: Broadway Center Box Office, 901 Broadway, 253-591-5894, www.broadwaycenter.org. \$18-\$36 with discounts for students, seniors and military personnel.

Sponsored by The News Tribune and participating Art Groups

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